



Santa Fe Salad with Tortilla Straws

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



384 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup ranch dressing
- ☐ 1 medium avocado pitted peeled cut into chunks
- ☐ 11 oz flour tortilla for burritos (8 count)
- ☐ 1 serving pam original flavor shopping list
- ☐ 0.3 teaspoon coarse salt
- ☐ 0.3 teaspoon chili powder
- ☐ 2 cups lettuce
- ☐ 2 cups the of 1 cos lettuce

- ☐ 1 cup tomatoes chopped
- ☐ 1 cup jicama diced peeled
- ☐ 3 oz cheddar cheese shredded
- ☐ 0.3 cup olives ripe sliced

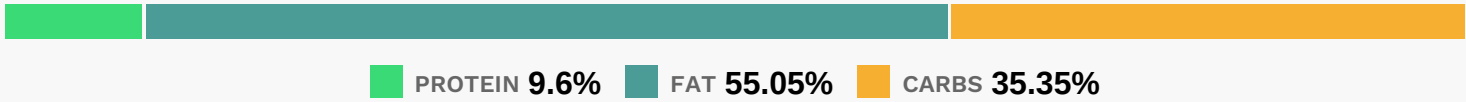
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Place dressing and avocado in blender. Cover; blend on medium speed until smooth and creamy.
- ☐ Heat oven to 350°F. Spray tortilla with cooking spray; sprinkle with salt and chili powder.
- ☐ Cut tortilla in half, then cut each half crosswise into 1/4-inch strips.
- ☐ Place on ungreased cookie sheet.
- ☐ Bake 10 to 12 minutes or until crisp and golden brown. Set aside.
- ☐ Place iceberg and romaine lettuce on shallow serving platter or in large bowl.
- ☐ Sprinkle with tomato, jicama, cheese, olives and tortilla "straws."
- ☐ Serve with dressing.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:8.97, Inflammation Score:-9, Nutrition Score:17.273478152959%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 383.72kcal (19.19%), Fat: 23.83g (36.66%), Saturated Fat: 6.48g (40.53%), Carbohydrates: 34.42g (11.47%), Net Carbohydrates: 28.17g (10.24%), Sugar: 4.87g (5.41%), Cholesterol: 19.37mg (6.46%), Sodium: 849.56mg (36.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.35g (18.7%), Vitamin K: 61.95µg (59%), Vitamin A: 1941.81IU (38.84%), Folate: 114.55µg (28.64%), Fiber: 6.25g (25.02%), Phosphorus: 246.44mg (24.64%), Selenium: 16.74µg (23.92%), Vitamin B1: 0.33mg (21.8%), Manganese: 0.41mg (20.57%), Calcium: 203.55mg (20.36%), Vitamin B2: 0.3mg (17.57%), Vitamin B3: 3.19mg (15.95%), Vitamin C: 12.43mg (15.06%), Iron: 2.64mg (14.69%), Potassium: 419.06mg (11.97%), Vitamin E: 1.79mg (11.91%), Vitamin B6: 0.19mg (9.33%), Magnesium: 35.93mg (8.98%), Vitamin B5: 0.87mg (8.66%), Copper: 0.17mg (8.62%), Zinc: 1.2mg (7.99%), Vitamin B12: 0.18µg (3.07%)