



Simple Layered Fiesta Salad

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



252 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15.5 oz black beans rinsed canned
- 1 cup four cheese shredded with a touch of philadelphia mexican style kraft
- 1.5 cups meat from a rotisserie chicken cooked chopped
- 1 cup regular corn frozen thawed drained
- 0.5 cup buttermilk ranch dressing kraft
- 6 cups torn romaine lettuce loosely packed
- 0.5 cup taco bellâ® & chunky salsa thick
- 1 cup broken tortilla chips

Equipment

bowl

Directions

- Layer all ingredients except dressing and chips in large bowl.
- Drizzle dressing over salad; top with chips.

Nutrition Facts



Properties

Glycemic Index:2.7, Glycemic Load:0.07, Inflammation Score:-9, Nutrition Score:13.466086833373%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 251.77kcal (12.59%), Fat: 13.32g (20.49%), Saturated Fat: 3.77g (23.59%), Carbohydrates: 21.74g (7.25%), Net Carbohydrates: 16.8g (6.11%), Sugar: 1.52g (1.69%), Cholesterol: 30.17mg (10.06%), Sodium: 492.59mg (21.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.58g (25.17%), Vitamin A: 2647.78IU (52.96%), Vitamin K: 48.21µg (45.91%), Phosphorus: 214.7mg (21.47%), Fiber: 4.94g (19.76%), Folate: 77.56µg (19.39%), Selenium: 10.22µg (14.6%), Vitamin B3: 2.55mg (12.74%), Calcium: 126.95mg (12.69%), Vitamin B2: 0.19mg (11.15%), Magnesium: 44.28mg (11.07%), Vitamin B6: 0.22mg (10.78%), Potassium: 372.45mg (10.64%), Manganese: 0.2mg (9.83%), Iron: 1.76mg (9.77%), Vitamin B1: 0.14mg (9.17%), Zinc: 1.36mg (9.04%), Copper: 0.14mg (7.2%), Vitamin B5: 0.68mg (6.78%), Vitamin E: 0.95mg (6.35%), Vitamin C: 3.75mg (4.54%), Vitamin B12: 0.2µg (3.35%)