



Southwest Salad

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



213 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

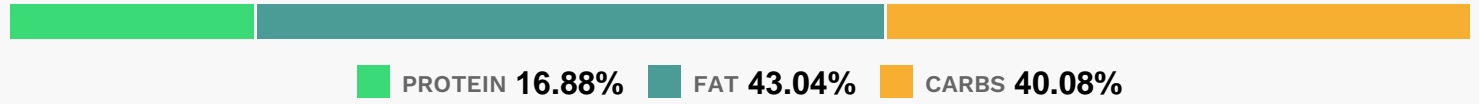
- 19 ounce black beans rinsed canned
- 1 cup habanero heat cheese shredded kraft
- 2 cups cherry tomatoes halved
- 3 ears corn on the cob cooled cooked
- 0.5 cup ranch dressing refrigerated pure kraft
- 0.5 cup onions red thinly sliced
- 6 cups torn romaine lettuce

Equipment

Directions

- Cut kernels from corn ears.
- Cover platter with lettuce; top with layers of beans, tomatoes, corn, onions and cheese.
- Drizzle with dressing.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.29, Inflammation Score:-10, Nutrition Score:15.683912991182%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

Nutrients (% of daily need)

Calories: 213.49kcal (10.67%), Fat: 10.61g (16.33%), Saturated Fat: 3.07g (19.18%), Carbohydrates: 22.24g (7.41%), Net Carbohydrates: 15.75g (5.73%), Sugar: 4.73g (5.26%), Cholesterol: 14.96mg (4.99%), Sodium: 493.86mg (21.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.36g (18.73%), Vitamin A: 3418.77IU (68.38%), Vitamin K: 57.74µg (54.99%), Folate: 111.51µg (27.88%), Fiber: 6.49g (25.97%), Phosphorus: 204.12mg (20.41%), Vitamin C: 14.76mg (17.89%), Manganese: 0.33mg (16.45%), Potassium: 501.61mg (14.33%), Vitamin B1: 0.2mg (13.09%), Magnesium: 48.89mg (12.22%), Iron: 2.18mg (12.1%), Calcium: 117.17mg (11.72%), Vitamin B2: 0.19mg (10.97%), Copper: 0.2mg (10.03%), Zinc: 1.1mg (7.36%), Vitamin B6: 0.15mg (7.28%), Vitamin B3: 1.36mg (6.79%), Selenium: 4.36µg (6.23%), Vitamin B5: 0.62mg (6.16%), Vitamin B12: 0.34µg (5.75%), Vitamin E: 0.64mg (4.26%)