



Southwestern Cactus Salad



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



30 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup cilantro leaves fresh
- ☐ 0.5 teaspoon garlic salt
- ☐ 5 jalapeño peppers minced seeded
- ☐ 2 lemons
- ☐ 16 ounce nopales dried rinsed drained
- ☐ 0.5 cup onion diced
- ☐ 2 cups tomatoes chopped

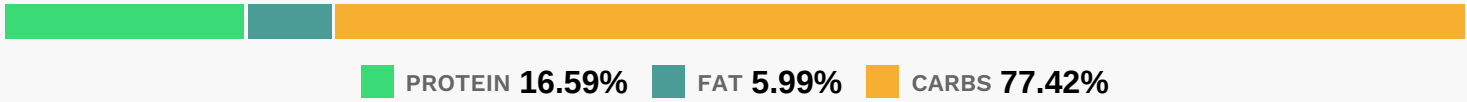
Equipment

☐ mixing bowl

Directions

- ☐ In a medium size mixing bowl, combine cactus, tomatoes, onions, jalapenos and cilantro. Squeeze the juice from both lemons over the mixture. Cover and refrigerate for at least 1 hour.
- ☐ Sprinkle with garlic salt (if you'd like) and serve.

Nutrition Facts



Properties

Glycemic Index:20.19, Glycemic Load:1.19, Inflammation Score:-7, Nutrition Score:7.14869561921%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg

Nutrients (% of daily need)

Calories: 30.37kcal (1.52%), Fat: 0.25g (0.39%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 7.39g (2.46%), Net Carbohydrates: 4.5g (1.64%), Sugar: 3.1g (3.44%), Cholesterol: 0mg (0%), Sodium: 160.77mg (6.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.17%), Vitamin C: 36.07mg (43.73%), Manganese: 0.34mg (16.79%), Vitamin A: 737.35IU (14.75%), Fiber: 2.89g (11.57%), Calcium: 107.84mg (10.78%), Vitamin K: 10.71µg (10.2%), Magnesium: 38.32mg (9.58%), Potassium: 312.8mg (8.94%), Vitamin B6: 0.14mg (7.06%), Vitamin E: 0.58mg (3.88%), Folate: 15.14µg (3.79%), Iron: 0.66mg (3.66%), Copper: 0.07mg (3.59%), Vitamin B3: 0.62mg (3.08%), Phosphorus: 27.99mg (2.8%), Vitamin B2: 0.05mg (2.72%), Vitamin B1: 0.04mg (2.68%), Vitamin B5: 0.22mg (2.25%), Zinc: 0.26mg (1.71%)