



Southwestern Ranch Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



133 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

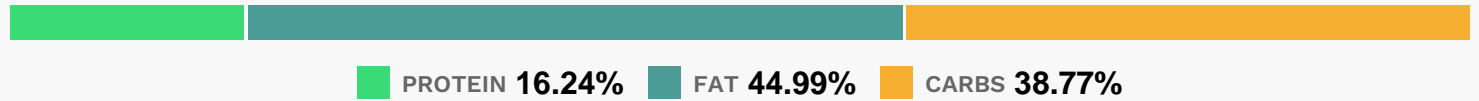
- 15.5 oz goyaâ® black beans rinsed canned
- 1 cup milk cheddar cheese shredded 2% kraft
- 15.3 oz goyaâ® kernel corn whole thawed drained
- 2 Tbsp cilantro leaves fresh chopped
- 0.5 cup classic ranch dressing kraft
- 1 large bell pepper red chopped
- 4 cups torn salad greens mixed
- 2 cups tomatoes chopped

Equipment

Directions

- Divide salad greens among 4 dinner plates.
- Top with beans, corn, peppers, tomatoes and cheese.
- Drizzle with dressing; sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:10.6, Glycemic Load:1.71, Inflammation Score:-6, Nutrition Score:7.2647825984851%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 133.27kcal (6.66%), Fat: 6.77g (10.42%), Saturated Fat: 2.12g (13.25%), Carbohydrates: 13.13g (4.38%), Net Carbohydrates: 10.11g (3.68%), Sugar: 1.38g (1.54%), Cholesterol: 9.61mg (3.2%), Sodium: 172.85mg (7.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.5g (11%), Vitamin C: 19.7mg (23.87%), Folate: 65.9µg (16.47%), Vitamin A: 712.87IU (14.26%), Vitamin K: 13.17µg (12.54%), Fiber: 3.02g (12.07%), Phosphorus: 114.01mg (11.4%), Manganese: 0.2mg (10.06%), Magnesium: 30.8mg (7.7%), Calcium: 68.16mg (6.82%), Potassium: 237.13mg (6.78%), Vitamin B1: 0.1mg (6.38%), Zinc: 0.78mg (5.22%), Iron: 0.88mg (4.91%), Vitamin B2: 0.08mg (4.72%), Copper: 0.09mg (4.66%), Vitamin B6: 0.08mg (4.21%), Selenium: 2.82µg (4.03%), Vitamin E: 0.52mg (3.44%), Vitamin B3: 0.67mg (3.33%), Vitamin B5: 0.23mg (2.31%), Vitamin B12: 0.09µg (1.56%)