



Southwestern Salad Bar

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



488 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup avocado diced peeled
- ☐ 2.5 ounces baked tortilla chips unsalted crumbled
- ☐ 30 ounce black beans rinsed drained canned
- ☐ 6 ounces cheddar cheese reduced-fat
- ☐ 1.5 teaspoons chipotles in adobo canned minced
- ☐ 2 teaspoons cilantro leaves fresh minced
- ☐ 2 cups ears corn fresh (4 ears)
- ☐ 2 garlic clove minced

- ☐ 1 cup spring onion sliced
- ☐ 5 teaspoons juice of lime fresh divided
- ☐ 1 cup mangos peeled sliced chopped
- ☐ 0.5 cup radishes thinly sliced
- ☐ 0.8 cup ranch dressing light
- ☐ 0.7 cup onion red chopped
- ☐ 7 ounce roasted peppers red drained chopped
- ☐ 12 cups the of 1 cos lettuce chopped
- ☐ 3 cups rotisserie chicken boneless skinless chopped
- ☐ 1 tablespoon penzey's southwest seasoning

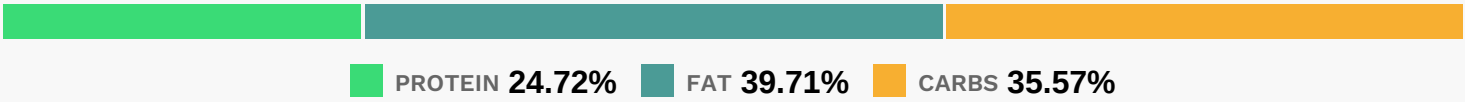
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Cook the seasoning in a large saucepan over medium heat 2 minutes or until toasted, stirring frequently.
- ☐ Combine fajita seasoning, corn, 1 tablespoon juice, and cilantro in a medium serving bowl.
- ☐ Combine onion, garlic, beans, and bell pepper in a medium serving bowl.
- ☐ Combine avocado and 2 teaspoons juice in a small serving bowl, tossing gently to coat.
- ☐ Combine dressing and chipotle in a small serving bowl.
- ☐ Place lettuce in a large serving bowl.
- ☐ Place chicken in a medium serving bowl.
- ☐ Place cheese, chips, mango, green onions, and radishes in individual serving bowls. Arrange the bowls, buffet-style, beginning with lettuce and ending with dressing. For each serving: 1 1/2 cups lettuce, 3/4 cup bean mixture, 1/4 cup corn mixture, about 1/3 cup chicken, 3 tablespoons chips, 3 tablespoons cheese, 2 tablespoons mango, 2 tablespoons onions, 1 tablespoon radishes, 1 tablespoon avocado, and 1 1/2 tablespoons dressing.

Nutrition Facts



Properties

Glycemic Index:34.59, Glycemic Load:2.24, Inflammation Score:-10, Nutrition Score:33.539565252221%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Pelargonidin: 4.58mg, Pelargonidin: 4.58mg, Pelargonidin: 4.58mg, Pelargonidin: 4.58mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 487.63kcal (24.38%), Fat: 22.25g (34.23%), Saturated Fat: 6.66g (41.64%), Carbohydrates: 44.85g (14.95%), Net Carbohydrates: 32.01g (11.64%), Sugar: 8.37g (9.3%), Cholesterol: 73.84mg (24.61%), Sodium: 1323.72mg (57.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.16g (62.32%), Vitamin A: 6978.89IU (139.58%), Vitamin K: 143.51µg (136.67%), Folate: 226.02µg (56.51%), Fiber: 12.84g (51.37%), Phosphorus: 497.03mg (49.7%), Vitamin C: 33.78mg (40.95%), Selenium: 27.81µg (39.72%), Vitamin B3: 7.46mg (37.29%), Manganese: 0.65mg (32.46%), Calcium: 298.03mg (29.8%), Potassium: 1026.99mg (29.34%), Vitamin B2: 0.46mg (26.99%), Magnesium: 107.1mg (26.78%), Iron: 4.63mg (25.7%), Vitamin B6: 0.5mg (25.19%), Vitamin B1: 0.37mg (24.44%), Copper: 0.41mg (20.38%), Vitamin B5: 1.82mg (18.24%), Zinc: 2.58mg (17.18%), Vitamin E: 1.73mg (11.53%), Vitamin B12: 0.41µg (6.84%)