



## Southwestern Salad with Guacamole Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



10

CALORIES



61 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 small avocado ripe peeled mashed seeded
- 0.1 teaspoon chipotle chile powder (such as McCormick; optional)
- 0.8 cup cilantro leaves
- 0.5 cup salsa green
- 1 tablespoon juice of lime
- 4 cups cabbage shredded red ()
- 0.8 cup onion red thinly sliced
- 3 cups romaine lettuce shredded

1 cup bell pepper green yellow ()

## Equipment

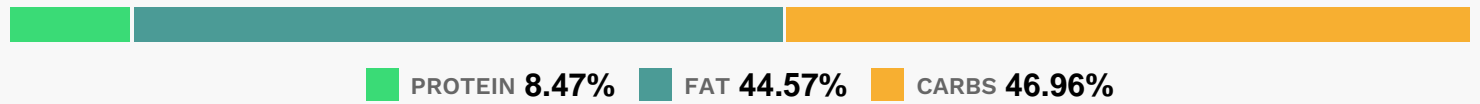
bowl

## Directions

Combine first 5 ingredients in a large bowl. In a small bowl, stir together salsa and next 3 ingredients.

Add to cabbage mixture; toss gently to coat.

## Nutrition Facts



## Properties

Glycemic Index:13.1, Glycemic Load:1, Inflammation Score:-9, Nutrition Score:9.704782732155%

## Flavonoids

Cyanidin: 74.77mg, Cyanidin: 74.77mg, Cyanidin: 74.77mg, Cyanidin: 74.77mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg

## Nutrients (% of daily need)

Calories: 60.58kcal (3.03%), Fat: 3.28g (5.05%), Saturated Fat: 0.45g (2.82%), Carbohydrates: 7.78g (2.59%), Net Carbohydrates: 5g (1.82%), Sugar: 2.94g (3.27%), Cholesterol: 0mg (0%), Sodium: 94.81mg (4.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.81%), Vitamin C: 52.3mg (63.39%), Vitamin A: 1837.14IU (36.74%), Vitamin K: 36.05µg (34.33%), Folate: 48.91µg (12.23%), Fiber: 2.79g (11.14%), Vitamin B6: 0.18mg (8.91%), Manganese: 0.18mg (8.76%), Potassium: 298.87mg (8.54%), Magnesium: 16.92mg (4.23%), Vitamin B2: 0.07mg (4.07%), Vitamin B5: 0.4mg (4%), Vitamin B1: 0.06mg (3.82%), Copper: 0.07mg (3.74%), Iron: 0.65mg (3.6%), Vitamin B3: 0.7mg (3.52%), Vitamin E: 0.51mg (3.4%), Phosphorus: 33.2mg (3.32%), Calcium: 28.5mg (2.85%), Zinc: 0.29mg (1.95%)