



Southwestern Tortilla Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



949 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 avocado cut into thin slices
- ☐ 0.3 cup olives black such as kalamata, halved and pitted
- ☐ 1 cup cheddar cheese grated
- ☐ 0.3 teaspoon chili powder
- ☐ 5.5 tablespoons cooking oil
- ☐ 0.8 teaspoon dijon mustard
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 1 roasted chicken shredded skinless

- ☐ 1 head romaine lettuce shredded
- ☐ 0.3 cup tomato salsa
- ☐ 0.8 teaspoon salt
- ☐ 8 taco shells
- ☐ 2 large tomatoes chopped
- ☐ 1.5 tablespoons red-wine vinegar

Equipment

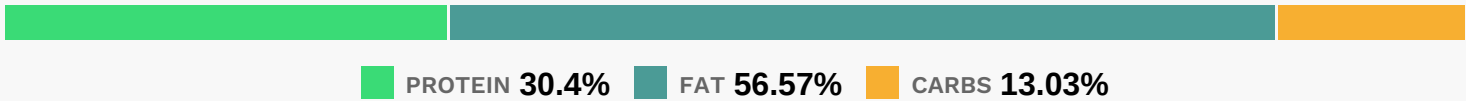
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ potato masher

Directions

- ☐ Heat the oven to 35
- ☐ Put the taco shells on a baking sheet and bake them until crisp, about 8 minutes. Break each one in half.
- ☐ In a medium saucepan, heat 1 tablespoon of the oil over moderate heat.
- ☐ Add the beans, salsa, and 1/4 teaspoon of the salt. Cook, mashing with a potato masher, for about 5 minutes.
- ☐ In a small glass or stainless-steel bowl, whisk together the vinegar, mustard, pepper, chili powder, and the remaining 1/2 teaspoon salt.
- ☐ Add the remaining 4 1/2 tablespoons oil, whisking.
- ☐ Add the cilantro.
- ☐ To serve, spread one side of the taco-shell halves with the refried beans and put four on each plate. Top with layers of the lettuce, tomatoes, avocado, cheese, chicken, and olives.
- ☐ Pour the dressing over the salads.

Wine Recommendation: The forceful flavor of cheddar cheese and the saltiness of the olives will go very nicely with a crisp and lively sauvignon blanc from California.

Nutrition Facts



Properties

Glycemic Index:59.25, Glycemic Load:10.77, Inflammation Score:-10, Nutrition Score:47.297391098479%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg

Nutrients (% of daily need)

Calories: 948.76kcal (47.44%), Fat: 59.85g (92.08%), Saturated Fat: 14.29g (89.29%), Carbohydrates: 31g (10.33%), Net Carbohydrates: 20.77g (7.55%), Sugar: 5.95g (6.61%), Cholesterol: 208.25mg (69.42%), Sodium: 1229.6mg (53.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 72.38g (144.75%), Vitamin A: 15034.71IU (300.69%), Vitamin K: 196.04µg (186.7%), Vitamin B3: 21.57mg (107.87%), Selenium: 69.66µg (99.52%), Folate: 303.01µg (75.75%), Phosphorus: 750.44mg (75.04%), Vitamin B6: 1.42mg (70.76%), Potassium: 1541.14mg (44.03%), Vitamin E: 6.23mg (41.51%), Fiber: 10.23g (40.92%), Vitamin B2: 0.69mg (40.81%), Zinc: 5.97mg (39.81%), Vitamin B5: 3.5mg (35.03%), Calcium: 333.38mg (33.34%), Magnesium: 130.01mg (32.5%), Manganese: 0.65mg (32.41%), Iron: 5.61mg (31.15%), Vitamin C: 24.2mg (29.33%), Vitamin B1: 0.4mg (26.73%), Copper: 0.43mg (21.48%), Vitamin B12: 1µg (16.59%), Vitamin D: 0.17µg (1.13%)