



Spicy Tex-Mex Salad

 Gluten Free

READY IN



5 min.

SERVINGS



15

CALORIES



355 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 ounce black beans rinsed drained canned
- 15 ounce pinto beans drained and rinsed canned
- 16 ounce catalina salad dressing
- 1.5 cups cheddar and monterey cheese blend shredded
- 16 ounce corn chips
- 10 ounce romaine lettuce chopped
- 3 tomatoes chopped

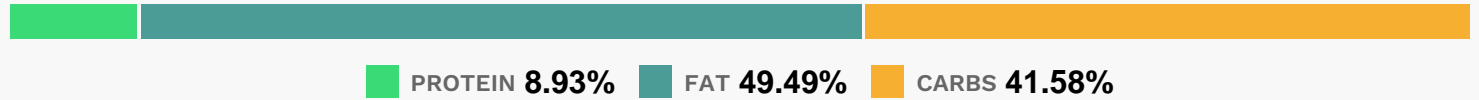
Equipment

bowl

Directions

- In a large bowl, combine the pinto beans, black beans, cheese, lettuce and tomatoes.
- Add 3/4 bottle dressing and mix well.
- Add corn chips before serving.

Nutrition Facts



Properties

Glycemic Index:7.33, Glycemic Load:1.68, Inflammation Score:-8, Nutrition Score:11.13913049646%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 354.68kcal (17.73%), Fat: 19.61g (30.17%), Saturated Fat: 4.42g (27.65%), Carbohydrates: 37.07g (12.36%), Net Carbohydrates: 31.91g (11.6%), Sugar: 9.29g (10.33%), Cholesterol: 11.3mg (3.77%), Sodium: 790.37mg (34.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.96g (15.92%), Vitamin A: 1965.44IU (39.31%), Vitamin K: 24.09µg (22.94%), Fiber: 5.16g (20.65%), Phosphorus: 178.69mg (17.87%), Manganese: 0.35mg (17.3%), Vitamin E: 2.59mg (17.27%), Calcium: 153.57mg (15.36%), Folate: 58.28µg (14.57%), Magnesium: 49.45mg (12.36%), Potassium: 322.79mg (9.22%), Iron: 1.59mg (8.81%), Selenium: 5.94µg (8.49%), Zinc: 1.2mg (8.01%), Copper: 0.16mg (7.91%), Vitamin B2: 0.13mg (7.61%), Vitamin B6: 0.13mg (6.43%), Vitamin B1: 0.09mg (6.31%), Vitamin C: 5.09mg (6.17%), Vitamin B3: 0.72mg (3.59%), Vitamin B5: 0.36mg (3.57%), Vitamin B12: 0.12µg (2%)