



Taco Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



305 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 ounces baked tortilla chips (60 chips)
- 4.5 ounce chilis green drained chopped canned
- 16 ounce beans red rinsed drained canned
- 1 teaspoon chili powder divided
- 1.5 cups brown rice long-grain cooked
- 2 garlic clove minced
- 0.3 cup spring onion chopped
- 0.3 teaspoon ground coriander divided

- 1 teaspoon ground cumin divided
- 0.3 teaspoon ground pepper red divided
- 4 cups lettuce
- 2 ounces cheddar cheese shredded reduced-fat
- 4.5 ounce olives ripe drained sliced canned
- 0.3 cup onion chopped
- 0.3 cup ranch dressing reduced-calorie
- 1.5 cups tomatoes chopped

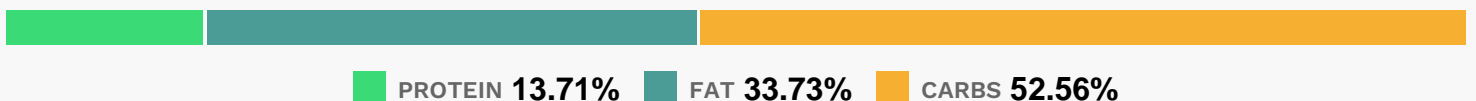
Equipment

- bowl
- frying pan

Directions

- Coat a medium skillet with cooking spray; place over medium-high heat until hot.
- Add onion and garlic; cook 5 minutes, stirring constantly.
- Add cooked rice, 1/2 teaspoon chili powder, 1/2 teaspoon cumin, 1/8 teaspoon red pepper, 1/8 teaspoon coriander, and beans; cook until thoroughly heated, stirring occasionally.
- Remove from heat, and cool. Cover and chill.
- Combine ranch dressing, remaining chili powder, cumin, red pepper, and coriander; set aside.
- Combine lettuce and next 5 ingredients in a large bowl, tossing well.
- Add reserved rice mixture and salad dressing; toss gently to coat. Cover and chill. Just before serving, place tortilla chips on a serving platter; spoon salad over chips.

Nutrition Facts



Properties

Glycemic Index:41.33, Glycemic Load:4.73, Inflammation Score:-7, Nutrition Score:15.748695799838%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 305.21kcal (15.26%), Fat: 11.74g (18.06%), Saturated Fat: 2.08g (13%), Carbohydrates: 41.15g (13.72%), Net Carbohydrates: 32.94g (11.98%), Sugar: 4.84g (5.38%), Cholesterol: 5.45mg (1.82%), Sodium: 863.5mg (37.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.74g (21.47%), Vitamin K: 48.13µg (45.84%), Manganese: 0.82mg (41.2%), Fiber: 8.21g (32.84%), Phosphorus: 266.71mg (26.67%), Vitamin C: 16.31mg (19.77%), Magnesium: 74.36mg (18.59%), Vitamin A: 894.33IU (17.89%), Folate: 62.14µg (15.54%), Selenium: 10.3µg (14.71%), Potassium: 504.03mg (14.4%), Vitamin B1: 0.21mg (14.19%), Iron: 2.55mg (14.18%), Vitamin B6: 0.28mg (14.06%), Calcium: 135.62mg (13.56%), Copper: 0.26mg (12.85%), Vitamin E: 1.73mg (11.56%), Vitamin B2: 0.17mg (10.27%), Zinc: 1.38mg (9.18%), Vitamin B3: 1.76mg (8.8%), Vitamin B5: 0.48mg (4.82%), Vitamin B12: 0.07µg (1.15%)