



WHATSheATE



Taco Salad with Cilantro-Lime Vinaigrette



Gluten Free



Dairy Free

READY IN



16 min.

SERVINGS



4

CALORIES



153 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounce lettuce shredded
- ☐ 4 servings lime
- ☐ 2 cups crumbles fat-free refrigerated (such as Lightlife Smart Ground)
- ☐ 8 ounce mushrooms
- ☐ 1 cup onion red ()
- ☐ 2 teaspoons taco seasoning
- ☐ 16 tortilla chips light restaurant-style (such as Tostitos)

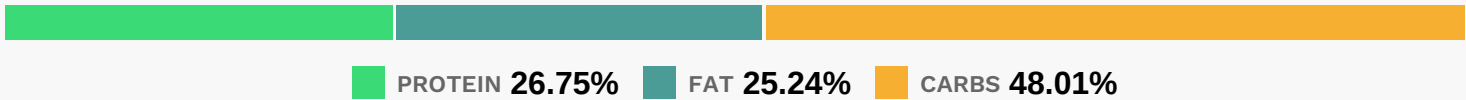
Equipment

☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add mushrooms; saut 3 minutes or until lightly browned.
- ☐ Add crumbles and taco seasoning. Cook 2 minutes or until thoroughly heated; set aside.
- ☐ Layer lettuce, onion, and crumbles mixture evenly on each of 4 plates. Top with salsa, if desired; drizzle evenly with Cilantro-Lime Vinaigrette. Top with cheese, if desired.
- ☐ Serve each salad with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:1.73, Inflammation Score:-5, Nutrition Score:14.892173839652%

Flavonoids

Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg

Nutrients (% of daily need)

Calories: 152.71kcal (7.64%), Fat: 4.58g (7.04%), Saturated Fat: 0.6g (3.75%), Carbohydrates: 19.57g (6.52%), Net Carbohydrates: 14.86g (5.41%), Sugar: 4.61g (5.12%), Cholesterol: 0mg (0%), Sodium: 228.9mg (9.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.91g (21.82%), Vitamin B12: 3.43µg (57.16%), Vitamin B1: 0.61mg (40.75%), Vitamin B3: 7.04mg (35.19%), Vitamin B6: 0.48mg (24.18%), Vitamin B2: 0.34mg (20.04%), Fiber: 4.71g (18.84%), Phosphorus: 182.46mg (18.25%), Iron: 2.96mg (16.46%), Vitamin K: 16.37µg (15.59%), Potassium: 425.2mg (12.15%), Copper: 0.23mg (11.31%), Vitamin B5: 1.11mg (11.07%), Vitamin C: 7.8mg (9.45%), Folate: 35.68µg (8.92%), Selenium: 6.09µg (8.69%), Manganese: 0.15mg (7.48%), Zinc: 1.07mg (7.15%), Magnesium: 23.57mg (5.89%), Vitamin A: 293.98IU (5.88%), Vitamin E: 0.55mg (3.7%), Calcium: 36.14mg (3.61%)