



Tangy Fiesta Salad

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



71 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup four cheese shredded mexican style kraft finely
- 1 lb extra-lean ground beef
- 10 oz regular corn frozen thawed
- 4 green onions sliced
- 10 oz torn romaine lettuce (10 cups)
- 1 oz taco bellâ® taco seasoning mix
- 0.5 cup thousand island dressing kraft
- 2 large tomatoes chopped

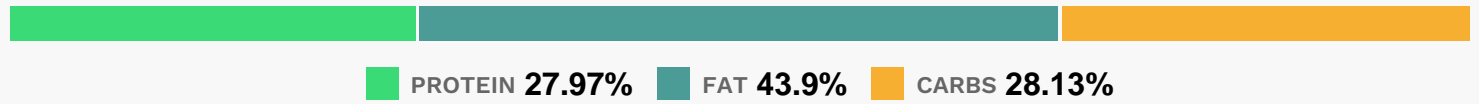
Equipment

frying pan

Directions

- Cook meat with seasoning mix in large skillet as directed on package, adding corn for the last 5 min.
- Cover large platter with lettuce; top with meat mixture, tomatoes and cheese.
- Drizzle with dressing; sprinkle with onions.

Nutrition Facts



Properties

Glycemic Index:3.88, Glycemic Load:0.19, Inflammation Score:-7, Nutrition Score:5.8639131039381%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 71.44kcal (3.57%), Fat: 3.59g (5.52%), Saturated Fat: 1.12g (7%), Carbohydrates: 5.17g (1.72%), Net Carbohydrates: 4.14g (1.5%), Sugar: 1.54g (1.71%), Cholesterol: 14.81mg (4.94%), Sodium: 168.85mg (7.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.14g (10.28%), Vitamin A: 1268.15IU (25.36%), Vitamin K: 20.31µg (19.34%), Zinc: 1.16mg (7.71%), Vitamin B12: 0.43µg (7.17%), Vitamin B1: 0.11mg (7.09%), Vitamin B3: 1.34mg (6.71%), Phosphorus: 65.1mg (6.51%), Folate: 24.75µg (6.19%), Selenium: 4.02µg (5.74%), Vitamin B6: 0.11mg (5.71%), Vitamin C: 4.14mg (5.01%), Potassium: 171.02mg (4.89%), Iron: 0.83mg (4.59%), Fiber: 1.03g (4.13%), Vitamin B2: 0.06mg (3.76%), Magnesium: 12.2mg (3.05%), Manganese: 0.06mg (2.96%), Calcium: 25.5mg (2.55%), Vitamin E: 0.37mg (2.48%), Vitamin B5: 0.19mg (1.9%), Copper: 0.04mg (1.81%)