



Taos Tumble Salad

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



8

CALORIES



319 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.7 cup caesar dressing
- 2 cups cherry tomatoes
- 1 teaspoon ground cumin
- 20 oz baby greens
- 4 oz cheddar cheese shredded
- 2 cups tortilla chips

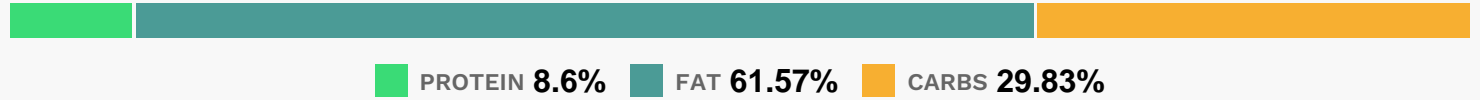
Equipment

- bowl

Directions

- In small bowl, mix dressing and cumin. In large bowl, toss remaining ingredients with dressing mixture.
- Sprinkle with additional cheese and chips if desired.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.1, Inflammation Score:-10, Nutrition Score:17.172608694305%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 319.37kcal (15.97%), Fat: 22.4g (34.46%), Saturated Fat: 5.29g (33.05%), Carbohydrates: 24.42g (8.14%), Net Carbohydrates: 20.99g (7.63%), Sugar: 2.6g (2.89%), Cholesterol: 21.81mg (7.27%), Sodium: 434.15mg (18.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.04g (14.08%), Vitamin A: 6507.99IU (130.16%), Vitamin K: 100.61µg (95.82%), Folate: 108.07µg (27.02%), Calcium: 169.9mg (16.99%), Phosphorus: 166.27mg (16.63%), Vitamin E: 2.36mg (15.72%), Vitamin C: 11.41mg (13.83%), Fiber: 3.43g (13.7%), Magnesium: 42.56mg (10.64%), Iron: 1.78mg (9.88%), Potassium: 329.65mg (9.42%), Selenium: 6.07µg (8.68%), Manganese: 0.17mg (8.31%), Vitamin B2: 0.14mg (8.3%), Zinc: 1.17mg (7.77%), Vitamin B1: 0.11mg (7.49%), Vitamin B6: 0.15mg (7.46%), Vitamin B5: 0.56mg (5.64%), Copper: 0.1mg (4.93%), Vitamin B3: 0.69mg (3.44%), Vitamin B12: 0.16µg (2.6%)