



## Terrific Taco Salad

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



23 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.5 cup black beans canned rinsed
- 1 Tbsp cilantro leaves fresh chopped
- 0.5 cup regular corn frozen thawed
- 3 cups torn lettuce
- 1 Tbsp juice of lime
- 0.3 cup pepper strips red thin
- 0.3 cup taco bellâ® & chunky salsa thick
- 1 cup boca veggie ground crumbles frozen

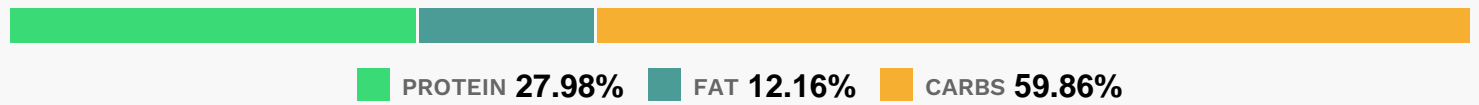
# Equipment

frying pan

# Directions

- Cook crumbles and salsa in skillet on medium heat 5 min. or until crumbles are cooked through (160F), stirring frequently.
- Place lettuce on 2 plates; top with crumbles mixture and remaining ingredients.

# Nutrition Facts



# Properties

Glycemic Index:6.4, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:2.7039130977962%

# Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

# Nutrients (% of daily need)

Calories: 22.66kcal (1.13%), Fat: 0.33g (0.51%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 3.7g (1.23%), Net Carbohydrates: 2.57g (0.93%), Sugar: 0.67g (0.74%), Cholesterol: 0mg (0%), Sodium: 75.69mg (3.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.46%), Vitamin B12: 0.45µg (7.57%), Vitamin C: 5.58mg (6.77%), Vitamin B1: 0.09mg (6.03%), Fiber: 1.13g (4.53%), Vitamin B3: 0.86mg (4.32%), Vitamin B6: 0.08mg (4.03%), Vitamin A: 199.51IU (3.99%), Vitamin K: 3.9µg (3.72%), Folate: 11.69µg (2.92%), Iron: 0.52mg (2.91%), Phosphorus: 27.26mg (2.73%), Manganese: 0.05mg (2.45%), Potassium: 83.95mg (2.4%), Vitamin B2: 0.03mg (1.77%), Magnesium: 5.91mg (1.48%), Zinc: 0.17mg (1.13%), Copper: 0.02mg (1.06%)