



Tex-Mex Chopped Salad

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



144 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 avocado chopped
- 1 cup baked tortilla chips
- 0.3 cup lite ranch dressing kraft
- 0.3 cup onions red finely chopped
- 10 oz torn salad greens
- 0.3 cup taco bellâ® & chunky salsa thick
- 0.8 cup milk four cheese shredded 2% mexican style kraft finely

Equipment

bowl

Directions

- Combine first 4 ingredients in large bowl.
- Mix dressing and salsa.
- Add to salad; toss to coat.
- Add chips; mix lightly.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.4, Glycemic Load:0.35, Inflammation Score:-5, Nutrition Score:6.1891304656215%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 143.52kcal (7.18%), Fat: 8.74g (13.44%), Saturated Fat: 2.45g (15.29%), Carbohydrates: 13.43g (4.48%), Net Carbohydrates: 11.29g (4.1%), Sugar: 0.91g (1.01%), Cholesterol: 11.57mg (3.86%), Sodium: 282.07mg (12.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.67%), Vitamin K: 12.78µg (12.17%), Phosphorus: 110.39mg (11.04%), Vitamin C: 9.03mg (10.94%), Vitamin B2: 0.18mg (10.34%), Vitamin A: 444.39IU (8.89%), Fiber: 2.14g (8.56%), Calcium: 84.26mg (8.43%), Folate: 33.47µg (8.37%), Vitamin B6: 0.16mg (8.04%), Potassium: 210.95mg (6.03%), Magnesium: 23.91mg (5.98%), Selenium: 3.98µg (5.68%), Vitamin E: 0.74mg (4.92%), Vitamin B5: 0.49mg (4.88%), Vitamin B1: 0.07mg (4.64%), Zinc: 0.67mg (4.5%), Manganese: 0.09mg (4.42%), Copper: 0.08mg (3.78%), Vitamin B3: 0.75mg (3.73%), Vitamin B12: 0.2µg (3.34%), Iron: 0.6mg (3.33%)