



Tex-Mex Salad with Cilantro-Honey Dressing

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



884 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup black beans rinsed drained (from 15-oz can)
- 1 cup cilantro leaves fresh
- 0.3 cup honey
- 8 cups lettuce shredded
- 0.3 cup juice of lime
- 0.3 cup olive oil
- 0.3 teaspoon pepper
- 0.5 cup bell pepper red finely chopped

- 0.5 cup onion red finely chopped
- 0.5 teaspoon salt
- 2 oz cheddar cheese shredded
- 4 chicken breast boneless skinless
- 3 cups tortilla chips

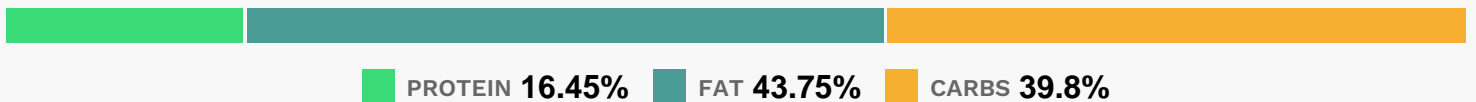
Equipment

- blender

Directions

- Cook chicken as desired until juice of chicken is clear when center of thickest part is cut (at least 165F).
- Meanwhile, in blender, place honey, lime juice, salt, pepper, oil and cilantro. Blend with on/off pulses until dressing is smooth. Set aside.
- In each serving dish, place 3/4 cup tortilla chips. Top each with lettuce, bell pepper, onion, beans and cheese.
- Cut cooked chicken breasts into slices; place on top of salads.
- Drizzle dressing over top of each salad.

Nutrition Facts



Properties

Glycemic Index:66.07, Glycemic Load:11.65, Inflammation Score:-9, Nutrition Score:32.276521926341%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.34mg, Quercetin: 8.34mg, Quercetin: 8.34mg, Quercetin: 8.34mg

Nutrients (% of daily need)

Calories: 883.68kcal (44.18%), Fat: 44.03g (67.74%), Saturated Fat: 8.35g (52.18%), Carbohydrates: 90.15g (30.05%), Net Carbohydrates: 80.91g (29.42%), Sugar: 22.87g (25.41%), Cholesterol: 86.49mg (28.83%), Sodium: 816.9mg (35.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.25g (74.49%), Vitamin K: 77.82µg (74.11%), Vitamin B3: 13.1mg (65.5%), Selenium: 44.71µg (63.88%), Vitamin B6: 1.18mg (59.06%), Phosphorus: 570.91mg (57.09%), Vitamin E: 6.65mg (44.33%), Vitamin C: 36.43mg (44.16%), Fiber: 9.23g (36.93%), Vitamin A: 1764.4IU (35.29%), Magnesium: 137.92mg (34.48%), Vitamin B5: 3.02mg (30.15%), Potassium: 985.31mg (28.15%), Folate: 108.45µg (27.11%), Calcium: 241.9mg (24.19%), Vitamin B1: 0.33mg (22.3%), Zinc: 2.98mg (19.89%), Manganese: 0.39mg (19.69%), Vitamin B2: 0.32mg (18.99%), Iron: 3.2mg (17.8%), Copper: 0.23mg (11.67%), Vitamin B12: 0.38µg (6.27%), Vitamin D: 0.2µg (1.32%)