



Tijuana Caesar Salad

READY IN



39 min.

SERVINGS



8

CALORIES



227 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.7 cup caesar dressing
- ☐ 1 teaspoon ground cumin
- ☐ 6 6-inch flour tortilla (es in diameter)
- ☐ 1 teaspoon garlic salt
- ☐ 8 ounces jicama peeled cut into cubes (2 cups)
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 4 teaspoons lemon zest grated
- ☐ 0.5 cup parmesan shredded
- ☐ 2 medium bell pepper red cut into thin strips (2 cups)

☐ 12 ounces the of 1 cos lettuce

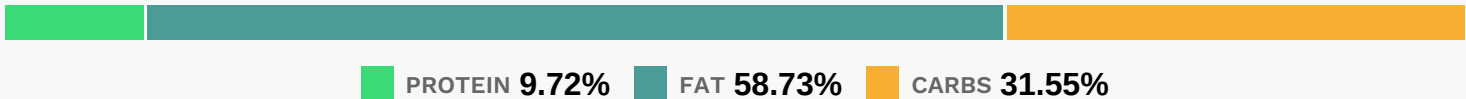
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 375F. Spray 2 cookie sheets with cooking spray. Spray tortillas lightly with cooking spray.
- ☐ Sprinkle with garlic salt and cumin.
- ☐ Cut each tortilla in half, then crosswise into 1/2-inch strips.
- ☐ Place tortilla strips on cookie sheets.
- ☐ Bake each cookie sheet 7 to 9 minutes or until crisp.
- ☐ Mix dressing, lemon peel and lemon juice. Toss romaine, jicama, bell peppers, cheese, tortilla strips and dressing mixture in large bowl.
- ☐ Sprinkle with additional shredded Parmesan cheese if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:14.13, Glycemic Load:4.11, Inflammation Score:-10, Nutrition Score:16.863043638675%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 227.46kcal (11.37%), Fat: 15.04g (23.14%), Saturated Fat: 3.45g (21.56%), Carbohydrates: 18.19g (6.06%),
Net Carbohydrates: 14.25g (5.18%), Sugar: 3.84g (4.27%), Cholesterol: 11.89mg (3.96%), Sodium: 799.61mg
(34.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.2%), Vitamin A: 4700.66IU (94.01%), Vitamin K:
67.43µg (64.22%), Vitamin C: 48.33mg (58.58%), Folate: 97.8µg (24.45%), Fiber: 3.94g (15.74%), Calcium: 139.84mg
(13.98%), Manganese: 0.25mg (12.28%), Phosphorus: 120.71mg (12.07%), Vitamin B1: 0.17mg (11.53%), Iron: 1.97mg
(10.94%), Vitamin E: 1.61mg (10.76%), Selenium: 7.16µg (10.23%), Vitamin B2: 0.15mg (8.84%), Vitamin B6: 0.16mg
(7.92%), Vitamin B3: 1.52mg (7.6%), Potassium: 259.88mg (7.43%), Magnesium: 22.31mg (5.58%), Zinc: 0.55mg
(3.65%), Copper: 0.07mg (3.52%), Vitamin B5: 0.28mg (2.83%), Vitamin B12: 0.08µg (1.35%)