



Tijuana Caesar Salad

READY IN



39 min.

SERVINGS



8

CALORIES



247 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 serving pam original flavor shopping list
- ☐ 8.2 oz flour tortilla soft for tacos and fajitas (10 count)
- ☐ 1 teaspoon garlic salt
- ☐ 1 teaspoon chili powder
- ☐ 0.7 cup caesar dressing
- ☐ 4 teaspoons lemon zest grated
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 12 ounces the of 1 cos lettuce
- ☐ 8 ounces jicama peeled cut into cubes (2 cups)

- ☐ 2 medium bell pepper red cut into thin strips (2 cups)
- ☐ 0.5 cup parmesan shredded

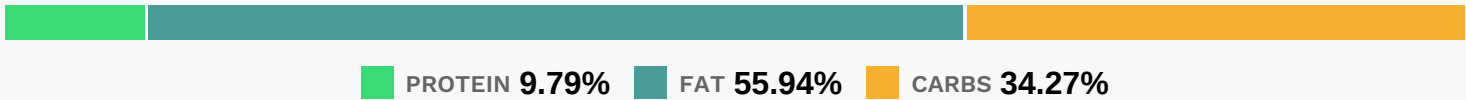
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 375°F. 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:13.5, Glycemic Load:5.13, Inflammation Score:-10, Nutrition Score:17.650435011024%

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: 247.4kcal (12.37%), Fat: 15.56g (23.93%), Saturated Fat: 3.65g (22.78%), Carbohydrates: 21.44g (7.15%),
Net Carbohydrates: 17.22g (6.26%), Sugar: 4.1g (4.55%), Cholesterol: 11.89mg (3.96%), Sodium: 851.57mg (37.02%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.25%), Vitamin A: 4771.61IU (95.43%), Vitamin K: 68.16µg
(64.91%), Vitamin C: 48.31mg (58.56%), Folate: 104.01µg (26%), Fiber: 4.23g (16.9%), Calcium: 147.91mg (14.79%),
Manganese: 0.27mg (13.7%), Vitamin B1: 0.2mg (13.67%), Phosphorus: 133.72mg (13.37%), Selenium: 8.66µg
(12.37%), Iron: 2.08mg (11.58%), Vitamin E: 1.7mg (11.34%), Vitamin B2: 0.17mg (10.02%), Vitamin B3: 1.83mg (9.13%),
Vitamin B6: 0.17mg (8.32%), Potassium: 268.48mg (7.67%), Magnesium: 23.21mg (5.8%), Copper: 0.08mg (3.88%),
Zinc: 0.58mg (3.87%), Vitamin B5: 0.3mg (2.96%), Vitamin B12: 0.08µg (1.35%)