



Turkey Taco Layered Salads

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



782 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup salsa thick
- ☐ 0.5 cup dressing french
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 6 cups lettuce
- ☐ 0.3 cup spring onion chopped
- ☐ 2 cups turkey diced cooked
- ☐ 11 oz corn whole with red and green peppers, drained canned
- ☐ 2 cups tomatoes chopped

- ☐ 8 oz monterrey jack cheese shredded
- ☐ 2 cups tortilla chips

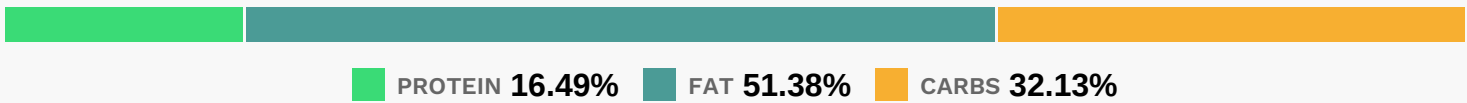
Equipment

- ☐ bowl

Directions

- ☐ In small bowl, mix dressing ingredients.
- ☐ For each salad, use a 4- to 5-cup container. In each container, layer ingredients in this order: 1 1/2 cups lettuce, 1 tablespoon onions, 1/2 cup turkey, 1/4 cup corn, 1/2 cup tomatoes, 1/4 cup dressing and 1/2 cup cheese.
- ☐ Place small piece of waxed paper over each salad; sprinkle 1/2 cup chips on waxed paper. Cover; refrigerate up to 24 hours or salads can be tossed and served immediately.
- ☐ To serve, remove waxed paper; toss salads.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:1.57, Inflammation Score:-9, Nutrition Score:27.697826292204%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 781.59kcal (39.08%), Fat: 45.59g (70.14%), Saturated Fat: 15.29g (95.59%), Carbohydrates: 64.16g (21.39%), Net Carbohydrates: 57.36g (20.86%), Sugar: 11.67g (12.97%), Cholesterol: 86.25mg (28.75%), Sodium: 1146.91mg (49.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.91g (65.83%), Vitamin K: 98.08µg (93.41%), Phosphorus: 564.13mg (56.41%), Calcium: 540.01mg (54%), Vitamin A: 2005.13IU (40.1%), Vitamin E: 4.82mg (32.11%), Vitamin B6: 0.63mg (31.26%), Selenium: 21.78µg (31.11%), Vitamin B3: 5.98mg (29.91%), Fiber: 6.8g (27.19%), Magnesium: 108.73mg (27.18%), Zinc: 4.01mg (26.76%), Vitamin B2: 0.44mg (25.98%), Potassium:

817.08mg (23.35%), Folate: 91.11µg (22.78%), Vitamin C: 16.4mg (19.88%), Vitamin B12: 1.12µg (18.68%), Manganese: 0.33mg (16.5%), Iron: 2.86mg (15.88%), Vitamin B1: 0.22mg (14.88%), Vitamin B5: 1.44mg (14.4%), Copper: 0.24mg (12.02%), Vitamin D: 0.49µg (3.26%)