



Vera Cruz Salad

Recipe Nutrition Summary
Source: Custom

Yield: 1 (1.000 serving(s))
No. Ingredients: 8

Category: Basic Food
Manufacturer: (None)

Ingredients

- 1.500 c. Romaine Lettuce, Shredded
- 0.250 c. Red Bell or Sweet Pepper
- 0.125 c. Red Onions, Sliced
- 0.125 c. Black Beans, Boiled with Salt
- 0.125 c. Yellow Sweet Corn, Boiled, Drained
- 0.500 oz. Muenster Cheese
- 0.500 oz. Cheddar Cheese, Shredded
- 0.250 oz. Plain Tortilla Chips

Macronutrients

Kilocalories	226.302	kcal
Protein	11.519	g
Carbohydrate	21.688	g
Fat, Total	11.365	g
Alcohol	0.000	g
Cholesterol	28.492	mg
Saturated Fat	6.017	g
Monounsaturated Fat	3.216	g
Polyunsaturated Fat	0.907	g
Trans Fatty Acid	0.217	g
Sugar, Total		g
Dietary Fiber, Total	5.567	g
Sugar, Total	4.603	g

Percentage of Kcals

Protein	19.6%
Carbohydrate	36.9%
Fat, total	43.5%
Alcohol	0.0%

Vitamins & Minerals

Sodium	266.477	mg
Potassium	474.583	mg
Vitamin A (RE)	695.698	RE
Vitamin C	69.914	mg
Calcium	256.061	mg
Iron	1.863	mg
Vitamin D (ug)	0.043	µg
Vitamin E (mg)	0.070	mg
Thiamin	0.191	mg
Riboflavin	0.225	mg
Niacin	1.194	mg
Pyridoxine (Vitamin B6)	0.252	mg
Folate (Total)	181.228	µg
Cobalamin (Vitamin B12)	0.351	µg
Biotin	5.290	µg
Pantothenic Acid	0.639	mg
Vitamin K	90.297	µg
Phosphorus	237.311	mg
Magnesium	56.185	mg
Zinc	1.688	mg
Copper	0.153	mg
Manganese	0.354	mg
Selenium	5.245	µg
Chromium	0.016	mg
Molybdenum	2.787	µg

Instructions