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Spinach Taco Salad ^{♦♦}

Spinach Taco Salad is a vegetarian recipe that combines the flavors of Mexican cuisine with the health benefits of spinach. It is a refreshing and nutritious salad that can be enjoyed as a main dish or a side dish.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	baby spinach
150 g	Cherry Tomatoes
100 g	Black Beans
100 g	corn kernels
50 g	red onion

100 g	Avocado
50 g	tortilla chips
30 g	Lime
10 g	Cilantro
15 g	olive oil
5 g	salt
5 g	pepper
5 g	cumin
5 g	paprika

Directions

Step 1

Wash and dry the baby spinach.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Cut the cherry tomatoes in half.

Prep Time: 3 mins

Cook Time: 0 mins

Step 3

Rinse and drain the black beans and corn kernels.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Cutting

Thinly slice the red onion.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Cutting

Dice the avocado and squeeze lime juice over it to prevent browning.

Prep Time: 3 mins

Cook Time: 0 mins

Step 6

Crush the tortilla chips into small pieces.

Prep Time: 2 mins

Cook Time: 0 mins

Step 7

Mixing

In a large bowl, combine the baby spinach, cherry tomatoes, black beans, corn kernels, red onion, avocado, and crushed tortilla chips.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Mixing

In a small bowl, whisk together olive oil, lime juice, salt, pepper, cumin, and paprika to make the dressing.

Prep Time: 2 mins

Cook Time: 0 mins

Step 9

Mixing

Drizzle the dressing over the salad and toss to combine.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 6 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	8 g	21.05%	32%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	3 mg	20%	20%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Picnic

Cuisines

Mexican Thai Spanish Vietnamese American

Meal Type

Breakfast Lunch Snack Supper

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
 Sugar-Free High Vitamin C High Iron High Calcium

Difficulty Level

Medium

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