

# ( Cactus Salad with Fresh Beans)

Yield: 6 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-cactus-salad-recipe>

## Ingredients:

- 2 cups cactus cooked, drained, recipe here
- 2 cups pinto beans cooked, drained, recipe here
- 2 Roma tomatoes deseeded and chopped
- 1/2 onion medium, finely chopped
- 1/4 cup cilantro leaves chopped, only, packed
- 1/2 teaspoon sea salt
- 1 teaspoon lime freshly squeezed
- 2 avocados peeled, pits removed, then chopped into bite-sized pieces
- lime wedges extra
- queso fresco crumbled

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 18 grams
3. Fat: 11 grams
4. Fiber: 8 grams
5. Protein: 4 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 250 milligrams
8. Sugar: 2 grams

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