

# VEGAN MEXICAN SALAD WITH PULLED JACKFRUIT

Yield: 2 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mexican-red-rice-and-beans>

## Ingredients:

- 1 13/16 cups jackfruit torn, drained weight from a tin
- 1/2 pinto beans a cup of tinned
- 1 red onion sliced
- 1/2 red rice a cup of cooked
- 1 avocado de-stoned and chopped
- 1 celery stalk sliced
- 1/2 iceberg lettuce a small, shredded
- 1/2 oregano a teaspoon of each:, paprika, cinnamon, fennel seeds, cumin, garlic powder
- fresh coriander Garnish with, /cilantro, optional
- 1 roasted red pepper
- 1 clove garlic peeled and crushed
- 1 tablespoon jalapeños from a jar
- 2 sun dried tomatoes
- 1 teaspoon paprika
- 1 lime

## Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 35 grams
3. Fat: 12 grams
4. Fiber: 13 grams
5. Protein: 6 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 80 milligrams
8. Sugar: 14 grams

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