

Mexican Salad In A Jar

Yield: 2 min
Total Time: 15 min

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

Ingredients:

- 3 cups lettuce
- 1 cup corn cooked
- 1/2 cup black beans cooked, drained
- 1/2 cup diced tomatoes
- 2 tablespoons shredded cheddar cheese
- 1/2 cup tortilla chips crumbled
- 6 cilantro leaves for topping

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 5 milligrams
4. Fat: 4.5 grams
5. Fiber: 8 grams
6. Protein: 9 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 290 milligrams
9. Sugar: 5 grams

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