

Favorite Mexican Salad

Yield: 6 min
Total Time: 20 min

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

Ingredients:

- 4 cups romaine lettuce torn, or more to taste
- 1 tomato chopped
- 1 bunch green onions chopped
- 1 avocado peeled, pitted and chopped - or more to taste
- 1 cup shredded cheddar cheese or more to taste
- 15 ounces Ranch Style Beans rinsed and drained
- 2 cups corn chips such as Fritos®, crushed - or more to taste
- 1/4 cup salad dressing Catalina, or to taste

Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 20 milligrams
4. Fat: 37 grams
5. Fiber: 7 grams
6. Protein: 11 grams
7. SaturatedFat: 9 grams
8. Sodium: 580 milligrams
9. Sugar: 3 grams
10. TransFat: 0.5 grams

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