

# Mexican Salad With Tortilla Croutons

Yield: 4 min  
Total Time: 22 min

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

## Ingredients:

- 3 flour tortillas cut into crouton-sized pieces
- 1 tablespoon olive oil
- 1 teaspoon Mexican seasoning mix or Cajun
- 1 iceberg lettuce shredded
- 2 1/6 cups black beans rinsed and drained
- 1 1/4 cups cherry tomatoes pack, halved
- 2 avocados stoned, peeled and sliced
- 1 lime
- 1/2 bunch coriander leaves only

## Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 53 grams
3. Fat: 21 grams
4. Fiber: 18 grams
5. Protein: 13 grams
6. SaturatedFat: 3 grams
7. Sodium: 630 milligrams
8. Sugar: 6 grams

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