

Gail's Seven Layer Salad

Yield: 10 min
Total Time: 45 min

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

Ingredients:

- 1 head lettuce
- 1/4 cup red cabbage shredded
- 3 carrots grated
- 1 tomato diced
- 1 avocado peeled, pitted and diced
- 1 bunch green onions chopped
- 1 cup pinto beans rinsed and drained
- 12 ounces tortilla chips crushed
- 2 cups shredded cheddar cheese
- 16 ounces ranch style salad dressing

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 40 milligrams
4. Fat: 41 grams
5. Fiber: 5 grams
6. Protein: 10 grams
7. SaturatedFat: 9 grams
8. Sodium: 640 milligrams
9. Sugar: 4 grams

Thank you for visiting our website. Hope you enjoy Gail's Seven Layer Salad above. You can see more 15 recipe for mexican seven layer salad Cook up something special! to get more great cooking ideas.