

Grandma's Mexican Salad

Paula Macri - Gattuso's Bella Cucina
Scripps Treasure Coast Newspapers

1 large head Iceberg lettuce, washed,
dried and chopped
2 large tomatoes, chopped
1 purple onion, chopped
1 can ranch-style beans, drained and
rinsed
12 ounces Cheddar cheese, grated
1 pound ground beef, cooked and
drained
1 bag (12 ounce) Doritos corn chips,
broken in pieces
1 bottle (24 ounce) Catalina dressing,
chilled

In a large bowl, add the lettuce, tomatoes, onion
and beans. Toss together and refrigerate to
chill.

When ready to serve, remove from the
refrigerator and add the ground beef, cheddar
cheese and the dressing.

Gently fold all of the ingredients together so that
the chips do not break up much.

Per Serving (excluding unknown
items): 3195 Calories; 249g Fat
(70.0% calories from fat); 175g
Protein; 64g Carbohydrate; 18g
Dietary Fiber; 743mg Cholesterol;
3494mg Sodium. Exchanges: 1 1/2
Grain(Starch); 23 Lean Meat; 6
Vegetable; 35 1/2 Fat; 1/2 Other
Carbohydrates.

Salads

Per Serving Nutritional Analysis

Calories (kcal):	3195
% Calories from Fat:	70.0%
% Calories from Carbohydrates:	8.1%
% Calories from Protein:	21.9%
Total Fat (g):	249g
Saturated Fat (g):	123g
Monounsaturated Fat (g):	86g
Polyunsaturated Fat (g):	10g
Cholesterol (mg):	743mg
Carbohydrate (g):	64g
Dietary Fiber (g):	18g

Vitamin B6 (mg):	1.9mg
Vitamin B12 (mcg):	14.8mcg
Thiamin B1 (mg):	.7mg
Riboflavin B2 (mg):	2.2mg
Folacin (mcg):	453mcg
Niacin (mg):	23mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	1 1/2
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Protein (g): 175g
Sodium (mg): 3494mg
Potassium (mg): 2940mg
Calcium (mg): 2627mg
Iron (mg): 14mg
Zinc (mg): 28mg
Vitamin C (mg): 76mg
Vitamin A (i.u.): 6914IU
Vitamin A (r.e.): 1412RE

Lean Meat: 23
Vegetable: 6
Fruit: 0
Non-Fat Milk: 0
Fat: 35 1/2
Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

Calories 3195 **Calories from Fat:** 2238

% Daily Values*

Total Fat 249g 383%
 Saturated Fat 123g 617%
Cholesterol 743mg 248%
Sodium 3494mg 146%
Total Carbohydrates 64g 21%
 Dietary Fiber 18g 73%
Protein 175g

Vitamin A 138%
Vitamin C 126%
Calcium 263%
Iron 79%

* Percent Daily Values are based on a 2000 calorie diet.