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## Nutrition info for wendys taco salad

Makes 4 servings  
Ingredients 1 extra pound lean (90% lean) ground beef 1 small onion, finely chopped 1 clove garlic, chopped 2 teaspoons chilli powder 1 teaspoon ground cumin 1/2 teaspoon salt Dash black pepper 1 large iceberg lettuce, torn into bite-sized pieces (about 10 cups) 2 large tomatoes 1 medium avocado, peeled, sliced 2 cups salsa Preparation Brown Drain. Add the onion and garlic; cook until tender. Stir in the seasoning. Combine lettuce, tomatoes and avocado in a large serving bowl; light toss. Top with ground beef mixture. Serve with salsa. See more recipes for Mexican Ads List of 396 calories; 14g fat; 3g saturated fat; mono fat 0g; poly fat 0g; protein 26g; carbohydrates 45g; 13g fibre; cholesterol 39mg; iron 4mg; sodium 787mg; calcium 170mg. Makes 1 Serving Olive oil 1tablespoon, divided 1 small corn tortilla Salt Pepper 1 lime, zest (1/2) and jus 1pinch chilli powder 3cups kale leaves, thinly sliced 1/2cup canned black beans, rinsed and dried 1/2cup fresh corn kernels (from 1 small ear) 1 medium heirloom tomato, cored and chopped 1ounce feta, crushed Directions Heat oven to 350° and line a sheet pan or oven-safe pan with parchment paper. Brush 1 tsp olive oil onto a corn tortilla, making sure to cover both sides. Season with salt and pepper. Place on a sheet pan and bake for 10 to 12 minutes, turning halfway through, until the tortillas are crispy. Chill a little, then break the bite-sized pieces. In a bowl, whisk together the zest (if desired), juice, chilli powder, and the remaining 2 tsp of olive oil. Season with salt and pepper. Add the kale and massage the vinaigrette into the kale until the leaves soften. Add the black beans, corn, tomatoes and feta, and toss into the coat. Top with crispy tortilla pieces. 524 calories 23 g fat (6 g saturated) 64 g carbohydrates 15 g of fiber 21 g of protein

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