



7 Layer Salad in a Jar

 Gluten Free

READY IN



30 min.

SERVINGS



3

CALORIES



499 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 large avocado diced
- ☐ 1 can albacore tuna white firm cubed (or tofu, to make vegetarian)
- ☐ 1 ears corn with corn stripped off cob cooked
- ☐ 2 tbsp olive oil extra virgin
- ☐ 1 cup greek yogurt fat free
- ☐ 10 basil leaves fresh chopped finely
- ☐ 2 juice of lemon
- ☐ 12 leaves lettuce green

- ☐ 3 servings bell pepper to taste
- ☐ 3 servings seeds from one pomegranate
- ☐ 3 tbsp slivered almonds
- ☐ 1 large tomatoes diced

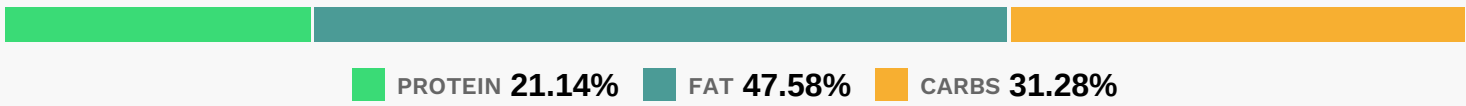
Equipment

- ☐ whisk
- ☐ canning jar

Directions

- ☐ Whisk together the salad dressing ingredients. If you have a salad shaker, whisk directly in salad shaker and then hand shake to finish mixing.
- ☐ Slice lettuce leaves into bite sized pieces and place evenly into three mason jars.
- ☐ Pour dressing on top.
- ☐ Add tuna/tofu on top.
- ☐ Add a layer of diced tomatoes.
- ☐ Add corn on top of tomatoes.
- ☐ Add avocado pieces on top of corn.
- ☐ Layer pomegranate seeds on top. Finally, add some almond slivers. Seal and store in fridge until ready to eat. Shake salads with lid on before eating.

Nutrition Facts



Properties

Glycemic Index:96.33, Glycemic Load:10.9, Inflammation Score:-10, Nutrition Score:35.123478080915%

Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg

Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg Hesperetin: 2.89mg, Hesperetin: 2.89mg, Hesperetin: 2.89mg, Hesperetin: 2.89mg Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

Nutrients (% of daily need)

Calories: 499.15kcal (24.96%), Fat: 27.99g (43.06%), Saturated Fat: 3.9g (24.36%), Carbohydrates: 41.4g (13.8%), Net Carbohydrates: 28.82g (10.48%), Sugar: 22.72g (25.24%), Cholesterol: 27.41mg (9.14%), Sodium: 261.7mg (11.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.97g (55.95%), Vitamin C: 130.16mg (157.77%), Selenium: 45.69µg (65.27%), Vitamin A: 3238.28IU (64.77%), Vitamin K: 57.17µg (54.45%), Vitamin E: 7.93mg (52.87%), Fiber: 12.58g (50.31%), Folate: 167.7µg (41.92%), Phosphorus: 398.72mg (39.87%), Vitamin B6: 0.74mg (36.81%), Potassium: 1285.17mg (36.72%), Manganese: 0.7mg (35.16%), Vitamin B3: 6.94mg (34.69%), Vitamin B2: 0.56mg (33.13%), Magnesium: 114.13mg (28.53%), Copper: 0.48mg (24.12%), Vitamin B5: 2.16mg (21.61%), Vitamin B12: 1.14µg (18.96%), Vitamin B1: 0.27mg (18.03%), Calcium: 146.96mg (14.7%), Zinc: 2.17mg (14.47%), Iron: 2.49mg (13.81%), Vitamin D: 1.15µg (7.64%)