



Bella Bruschetta Salad

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



138 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup lite balsamic parmesan asiago vinaigrette dressing kraft
- 4 cups croutons
- 0.3 cup basil fresh chopped
- 1 cup low-moisture part-skim mozzarella cheese cubed kraft
- 0.5 cup parmesan cheese shredded kraft
- 2 cups pepperoni
- 4 cups torn romaine lettuce
- 8 tomatoes chopped

Equipment

bowl

Directions

- Mix dressing and basil.
- Toss lettuce with next 4 ingredients in large bowl.
- Add dressing mixture; mix lightly.
- Top with Parmesan.

Nutrition Facts



PROTEIN 16.56% **FAT 61.9%** **CARBS 21.54%**

Properties

Glycemic Index:11.75, Glycemic Load:3.52, Inflammation Score:-7, Nutrition Score:6.4626086742982%

Flavonoids

Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 137.55kcal (6.88%), Fat: 9.46g (14.55%), Saturated Fat: 3.28g (20.51%), Carbohydrates: 7.4g (2.47%), Net Carbohydrates: 6.3g (2.29%), Sugar: 1.69g (1.87%), Cholesterol: 16.25mg (5.42%), Sodium: 351.46mg (15.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.69g (11.39%), Vitamin A: 1290.86IU (25.82%), Vitamin K: 15.55µg (14.81%), Selenium: 6.93µg (9.91%), Calcium: 89.24mg (8.92%), Vitamin C: 7.17mg (8.69%), Manganese: 0.17mg (8.62%), Phosphorus: 82.83mg (8.28%), Folate: 29.53µg (7.38%), Vitamin B1: 0.1mg (6.34%), Vitamin B3: 1.23mg (6.14%), Potassium: 186.11mg (5.32%), Vitamin B2: 0.09mg (5.09%), Vitamin B6: 0.1mg (4.77%), Zinc: 0.66mg (4.4%), Fiber: 1.1g (4.39%), Vitamin B12: 0.22µg (3.71%), Iron: 0.66mg (3.67%), Magnesium: 13.2mg (3.3%), Copper: 0.06mg (2.85%), Vitamin E: 0.41mg (2.73%), Vitamin B5: 0.23mg (2.33%), Vitamin D: 0.18µg (1.17%)