



## Big Bowl of Tuscan Greens

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



139 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup olives black sliced
- 0.5 cup croutons
- 0.3 cup parmesan cheese grated kraft
- 8 oz torn romaine lettuce
- 0.5 cup tuscan house dressing italian kraft
- 1 tomatoes cut into thin wedges

## Equipment

- bowl

## Directions

- Toss lettuce, tomatoes and olives in large serving bowl.
- Add dressing; toss lightly.
- Top with cheese and croutons.

## Nutrition Facts

**PROTEIN 9.69%** **FAT 61.06%** **CARBS 29.25%**

## Properties

Glycemic Index:27.5, Glycemic Load:2.16, Inflammation Score:-10, Nutrition Score:12.817826098074%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

## Nutrients (% of daily need)

Calories: 139.48kcal (6.97%), Fat: 9.72g (14.95%), Saturated Fat: 2.09g (13.09%), Carbohydrates: 10.47g (3.49%), Net Carbohydrates: 8.44g (3.07%), Sugar: 4.71g (5.23%), Cholesterol: 5.44mg (1.81%), Sodium: 564.94mg (24.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.94%), Vitamin A: 5292.43IU (105.85%), Vitamin K: 77.22µg (73.54%), Folate: 87.3µg (21.83%), Calcium: 88.09mg (8.81%), Vitamin E: 1.24mg (8.24%), Fiber: 2.03g (8.12%), Vitamin C: 6.6mg (8%), Manganese: 0.16mg (7.81%), Potassium: 257.29mg (7.35%), Phosphorus: 73.07mg (7.31%), Selenium: 4.48µg (6.41%), Vitamin B1: 0.08mg (5.66%), Iron: 0.93mg (5.18%), Vitamin B6: 0.09mg (4.7%), Vitamin B2: 0.08mg (4.48%), Magnesium: 17.07mg (4.27%), Copper: 0.07mg (3.48%), Zinc: 0.51mg (3.4%), Vitamin B3: 0.63mg (3.14%), Vitamin B5: 0.15mg (1.46%), Vitamin B12: 0.08µg (1.41%)