



Big Chopped Salad

 Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



486 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons balsamic vinaigrette low-fat
- ☐ 0.5 cup garbanzo beans canned rinsed drained
- ☐ 0.5 cup carrots shredded
- ☐ 2 tablespoons cranberries dried
- ☐ 3 cups salad greens mixed
- ☐ 1 tablespoon parmesan cheese grated
- ☐ 0.5 cup cabbage shredded red
- ☐ 2 tablespoons walnuts chopped

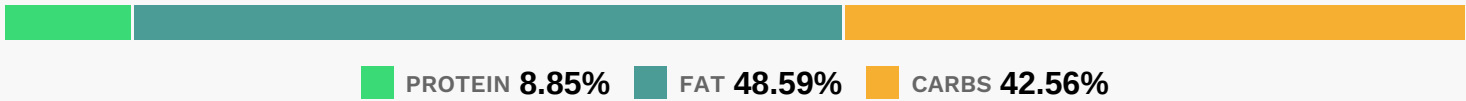
Equipment

☐ bowl

Directions

- ☐ Combine first 7 ingredients (through cranberries) in a large bowl.
- ☐ Toss with vinaigrette and serve.

Nutrition Facts



Properties

Glycemic Index:139.17, Glycemic Load:6.07, Inflammation Score:-10, Nutrition Score:25.728260861143%

Flavonoids

Cyanidin: 94.1mg, Cyanidin: 94.1mg, Cyanidin: 94.1mg, Cyanidin: 94.1mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 485.65kcal (24.28%), Fat: 27.68g (42.58%), Saturated Fat: 3.24g (20.22%), Carbohydrates: 54.53g (18.18%), Net Carbohydrates: 45.27g (16.46%), Sugar: 28.04g (31.16%), Cholesterol: 4.35mg (1.45%), Sodium: 674.73mg (29.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.34g (22.67%), Vitamin A: 12611.21IU (252.22%), Manganese: 1.81mg (90.67%), Vitamin C: 57.38mg (69.56%), Vitamin B6: 0.79mg (39.4%), Fiber: 9.26g (37.06%), Copper: 0.56mg (28.04%), Vitamin K: 28.35µg (27%), Folate: 104.97µg (26.24%), Phosphorus: 251.45mg (25.15%), Potassium: 749.52mg (21.41%), Magnesium: 84.69mg (21.17%), Iron: 3.03mg (16.86%), Calcium: 154.94mg (15.49%), Vitamin B1: 0.21mg (13.76%), Zinc: 1.93mg (12.89%), Vitamin B2: 0.2mg (11.52%), Vitamin B3: 1.97mg (9.87%), Vitamin E: 1.27mg (8.45%), Vitamin B5: 0.82mg (8.25%), Selenium: 5.36µg (7.66%), Vitamin B12: 0.07µg (1.13%)