



## Bruschetta Salad

READY IN



10 min.

SERVINGS



10

CALORIES



172 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.5 lb day-old bread cut into cubes
- 1 cup parmesan cheese shredded kraft
- 1 cup onions red thinly sliced
- 1 cup viva dressing italian kraft
- 3 cups tomatoes coarsely chopped

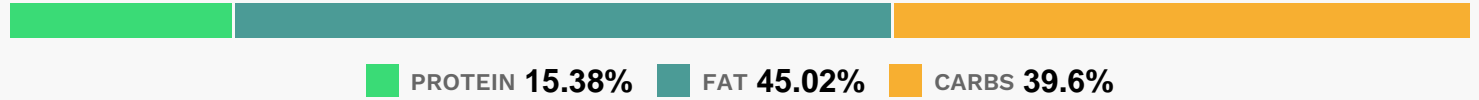
## Equipment

- bowl

## Directions

- Toss all ingredients in large bowl.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:15.07, Glycemic Load:6.66, Inflammation Score:-5, Nutrition Score:7.4539130187553%

## Flavonoids

Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

## Nutrients (% of daily need)

Calories: 172.19kcal (8.61%), Fat: 8.67g (13.35%), Saturated Fat: 2.51g (15.7%), Carbohydrates: 17.17g (5.72%), Net Carbohydrates: 15.46g (5.62%), Sugar: 5.77g (6.41%), Cholesterol: 6.8mg (2.27%), Sodium: 503.7mg (21.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.67g (13.33%), Manganese: 0.35mg (17.56%), Vitamin K: 18.04µg (17.18%), Calcium: 157.95mg (15.8%), Selenium: 9.33µg (13.33%), Phosphorus: 117.55mg (11.75%), Vitamin A: 459.68IU (9.19%), Vitamin C: 7.45mg (9.03%), Vitamin B1: 0.13mg (8.38%), Vitamin B3: 1.61mg (8.05%), Folate: 29.72µg (7.43%), Fiber: 1.72g (6.86%), Iron: 1.11mg (6.19%), Vitamin B2: 0.1mg (6.07%), Vitamin E: 0.82mg (5.5%), Potassium: 190.22mg (5.43%), Magnesium: 21.39mg (5.35%), Vitamin B6: 0.1mg (5.21%), Zinc: 0.63mg (4.2%), Copper: 0.07mg (3.69%), Vitamin B5: 0.29mg (2.91%), Vitamin B12: 0.12µg (2%)