



Caesar Antipasto Salad

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



326 kcal

SIDE DISH

Ingredients

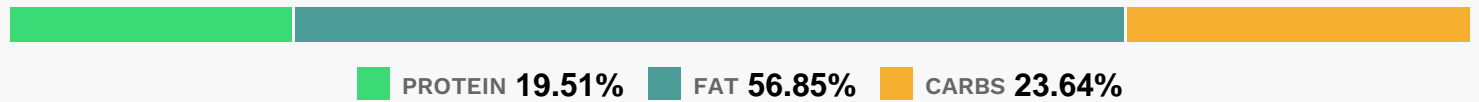
- 14 oz artichoke hearts drained quartered canned
- 0.5 cup golden caesar dressing light kraft
- 6 oz albacore tuna
- 2 cups carrots shredded
- 0.3 cup parmesan cheese grated kraft
- 2 cups plum tomatoes sliced (4 medium)
- 0.5 cup roasted peppers red sliced
- 10 oz torn romaine lettuce

Equipment

Directions

- Place lettuce on serving platter or four individual plates.
- Top with rows of tomatoes, artichokes, tuna, carrots and peppers.
- Drizzle with dressing.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:21.21, Glycemic Load:3.24, Inflammation Score:-10, Nutrition Score:24.2273912844445%

Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 325.59kcal (16.28%), Fat: 20.65g (31.76%), Saturated Fat: 3.98g (24.85%), Carbohydrates: 19.31g (6.44%), Net Carbohydrates: 12.73g (4.63%), Sugar: 8.58g (9.54%), Cholesterol: 34.75mg (11.58%), Sodium: 1286.81mg (55.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.94g (31.89%), Vitamin A: 18013.89IU (360.28%), Vitamin K: 122.45µg (116.62%), Selenium: 31µg (44.28%), Vitamin C: 31.04mg (37.63%), Folate: 130.91µg (32.73%), Fiber: 6.58g (26.34%), Potassium: 806.57mg (23.04%), Phosphorus: 213.04mg (21.3%), Vitamin B3: 4.13mg (20.66%), Vitamin E: 2.94mg (19.59%), Manganese: 0.39mg (19.44%), Vitamin B6: 0.37mg (18.56%), Calcium: 138.82mg (13.88%), Magnesium: 49.35mg (12.34%), Iron: 2.1mg (11.65%), Vitamin B1: 0.15mg (9.96%), Vitamin B12: 0.59µg (9.85%), Vitamin B2: 0.16mg (9.15%), Copper: 0.18mg (8.87%), Zinc: 1.06mg (7.04%), Vitamin D: 0.91µg (6.07%), Vitamin B5: 0.48mg (4.85%)