



Chopped Italian Salad with Pepperoni

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



207 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup dressing italian reduced-fat
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 8 ounce pepperoni halved sliced
- ☐ 10 ounce romaine lettuce

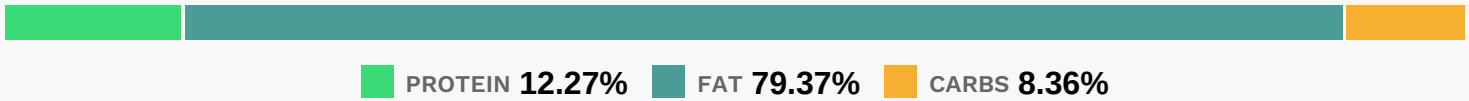
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐
- Place lettuce in a big salad bowl, and tear into bite-size pieces using your fingers. Top with pepperoni and mozzarella cheese.
- ☐
- Whisk together Italian dressing and Parmesan cheese in a small bowl. Just before serving, drizzle Italian dressing mixture over lettuce, and toss to coat. Top salad with tomatoes and olives, if you'd like.

Nutrition Facts



Properties

Glycemic Index:3.5, Glycemic Load:0.09, Inflammation Score:-9, Nutrition Score:9.9452174176341%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 207.04kcal (10.35%), Fat: 18.23g (28.05%), Saturated Fat: 5.88g (36.72%), Carbohydrates: 4.32g (1.44%), Net Carbohydrates: 3.58g (1.3%), Sugar: 2.8g (3.11%), Cholesterol: 28.59mg (9.53%), Sodium: 691.4mg (30.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.34g (12.68%), Vitamin A: 3105.3IU (62.11%), Vitamin K: 50.33µg (47.93%), Selenium: 9.24µg (13.2%), Folate: 49.69µg (12.42%), Manganese: 0.23mg (11.57%), Vitamin B3: 1.56mg (7.78%), Vitamin B6: 0.14mg (7.2%), Vitamin B1: 0.11mg (7.14%), Phosphorus: 66.65mg (6.67%), Vitamin B12: 0.39µg (6.42%), Vitamin B2: 0.1mg (5.94%), Zinc: 0.84mg (5.62%), Vitamin E: 0.83mg (5.51%), Potassium: 186.01mg (5.31%), Iron: 0.78mg (4.35%), Vitamin B5: 0.39mg (3.9%), Calcium: 30.99mg (3.1%), Fiber: 0.74g (2.98%), Magnesium: 11.6mg (2.9%), Vitamin D: 0.37µg (2.5%), Copper: 0.05mg (2.37%), Vitamin C: 1.51mg (1.82%)