



## Chopped Salad Italiano

READY IN



25 min.

SERVINGS



25

CALORIES



65 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

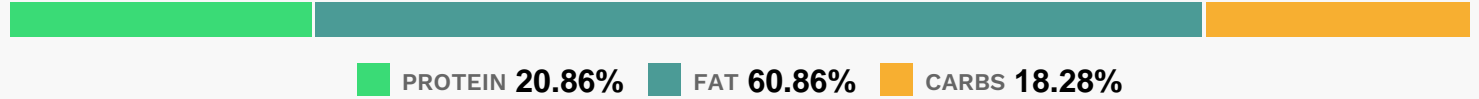
- 4 slices oscar mayer bacon crumbled cooked
- 0.8 cup natural milk colby & monterey jack cheese crumbles 2% kraft
- 1 cup cucumbers chopped
- 6 oz oscar mayer honey ham chopped
- 0.3 cup 1/4 cup kraft lite zesty italian dressing italian kraft
- 4 cups tightly torn romaine lettuce packed
- 1 cup blend rotini pasta whole wheat cooked
- 2 tomatoes chopped

# Equipment

## Directions

- Cover platter with lettuce; top with all remaining ingredients except dressing.
- Drizzle with dressing just before serving; toss lightly.

## Nutrition Facts



## Properties

Glycemic Index:3.8, Glycemic Load:0.83, Inflammation Score:-5, Nutrition Score:3.3208695779676%

## Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## Nutrients (% of daily need)

Calories: 65.05kcal (3.25%), Fat: 4.39g (6.76%), Saturated Fat: 1.76g (10.98%), Carbohydrates: 2.97g (0.99%), Net Carbohydrates: 2.58g (0.94%), Sugar: 0.76g (0.84%), Cholesterol: 10.3mg (3.43%), Sodium: 152.66mg (6.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.77%), Vitamin A: 782.3IU (15.65%), Vitamin K: 10.29µg (9.8%), Selenium: 4.43µg (6.32%), Phosphorus: 48.35mg (4.83%), Vitamin B1: 0.06mg (4.3%), Folate: 13.8µg (3.45%), Calcium: 32.8mg (3.28%), Vitamin B6: 0.06mg (2.97%), Vitamin B3: 0.58mg (2.88%), Zinc: 0.4mg (2.66%), Manganese: 0.05mg (2.57%), Potassium: 87.91mg (2.51%), Vitamin B2: 0.04mg (2.5%), Vitamin C: 1.83mg (2.22%), Magnesium: 6.91mg (1.73%), Vitamin B12: 0.09µg (1.57%), Fiber: 0.39g (1.56%), Copper: 0.03mg (1.47%), Iron: 0.25mg (1.4%), Vitamin E: 0.17mg (1.13%), Vitamin B5: 0.1mg (1.01%)