



## Chopped Salad with Blue Cheese Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



37 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 teaspoon pepper black
- 1 ounce cheese blue crumbled
- 3 tablespoons capers drained
- 0.5 cup carrots diced
- 1 cup celery sliced
- 2 cups cucumber sliced
- 0.3 cup parsley fresh chopped
- 0.5 cup green onions thinly sliced

- 6 cups iceberg lettuce chopped
- 1 tablespoon mayonnaise light
- 0.3 cup buttermilk low-fat
- 1 teaspoon oregano dried
- 1 cup plum tomatoes diced
- 1 cup radishes sliced
- 1 cup bell pepper diced red
- 1 tablespoon red wine vinegar
- 0.5 teaspoon salt
- 1 teaspoon worcestershire sauce

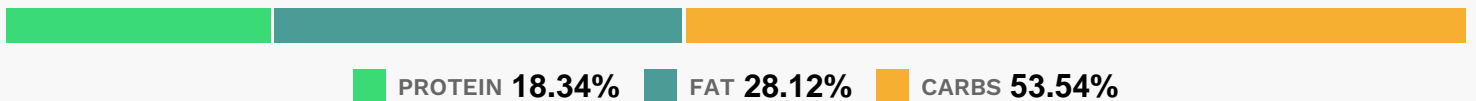
## Equipment

- bowl
- whisk

## Directions

- To prepare salad, combine first 11 ingredients in a large bowl.
- To prepare dressing, combine buttermilk and remaining ingredients, stirring with a whisk. Just before serving, drizzle salad with dressing, and toss gently to coat.

## Nutrition Facts



## Properties

Glycemic Index:29.65, Glycemic Load:0.97, Inflammation Score:-8, Nutrition Score:8.2139132366232%

## Flavonoids

Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 2.98mg, Apigenin: 2.98mg, Apigenin: 2.98mg, Apigenin: 2.98mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 2.89mg, Kaempferol: 2.89mg, Kaempferol: 2.89mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg,

Myricetin: 0.23mg Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg

## **Nutrients (% of daily need)**

Calories: 36.58kcal (1.83%), Fat: 1.25g (1.92%), Saturated Fat: 0.57g (3.55%), Carbohydrates: 5.36g (1.79%), Net Carbohydrates: 3.54g (1.29%), Sugar: 3.15g (3.5%), Cholesterol: 2.23mg (0.74%), Sodium: 226.68mg (9.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.67%), Vitamin K: 47.15µg (44.9%), Vitamin A: 1854.17IU (37.08%), Vitamin C: 24.99mg (30.29%), Folate: 35.37µg (8.84%), Potassium: 258.17mg (7.38%), Manganese: 0.15mg (7.28%), Fiber: 1.82g (7.27%), Vitamin B6: 0.11mg (5.55%), Calcium: 49.29mg (4.93%), Phosphorus: 44.07mg (4.41%), Vitamin B2: 0.07mg (4.04%), Magnesium: 15.43mg (3.86%), Vitamin E: 0.55mg (3.65%), Iron: 0.65mg (3.62%), Copper: 0.07mg (3.31%), Vitamin B1: 0.05mg (3.3%), Vitamin B5: 0.26mg (2.65%), Vitamin B3: 0.49mg (2.43%), Zinc: 0.34mg (2.28%), Selenium: 0.74µg (1.05%)