



Chopped Salad with Grapes and Mint

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



180 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons basil finely chopped
- ☐ 1 cup meat from a rotisserie chicken diced cooked
- ☐ 1 cup corn kernels
- ☐ 1 cucumber seedless peeled cut into 1/2-inch dice
- ☐ 0.5 cup feta cheese crumbled
- ☐ 1 grape tomatoes halved
- ☐ 0.5 cup grapes green halved
- ☐ 1 tablespoon juice of lime fresh

- ☐ 2 tablespoons mint leaves finely chopped
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 onion red cut into 1/4-inch dice
- ☐ 2 tablespoons red wine vinegar
- ☐ 1 heart of romaine coarsely chopped
- ☐ 6 servings salt and pepper freshly ground

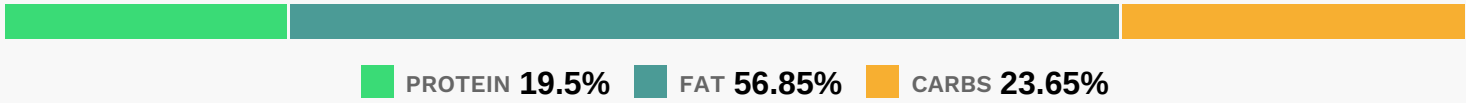
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, toss all of the ingredients together. Season with salt and freshly ground pepper and serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.67, Glycemic Load:1.54, Inflammation Score:-6, Nutrition Score:7.9808696080809%

Flavonoids

Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 180kcal (9%), Fat: 11.7g (18%), Saturated Fat: 3.16g (19.74%), Carbohydrates: 10.95g (3.65%), Net Carbohydrates: 9.44g (3.43%), Sugar: 4.95g (5.5%), Cholesterol: 28.63mg (9.54%), Sodium: 413.46mg (17.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.03g (18.06%), Vitamin K: 22.34µg (21.27%), Vitamin A: 673.07IU (13.46%), Phosphorus: 123.75mg (12.38%), Vitamin B3: 2.4mg (12%), Vitamin B2: 0.2mg (11.96%), Selenium: 8.06µg (11.51%), Vitamin B6: 0.22mg (11.07%), Calcium: 86.61mg (8.66%), Folate: 31.89µg (7.97%), Manganese:

0.15mg (7.58%), Vitamin E: 1.13mg (7.53%), Potassium: 256.24mg (7.32%), Vitamin C: 5.6mg (6.78%), Zinc: 0.99mg (6.57%), Vitamin B5: 0.62mg (6.22%), Fiber: 1.51g (6.03%), Magnesium: 23.17mg (5.79%), Vitamin B1: 0.08mg (5.4%), Iron: 0.89mg (4.92%), Vitamin B12: 0.28µg (4.65%), Copper: 0.08mg (4.16%)