



Classic French Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



381 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups the salad mixed
- ☐ 3 cups potatoes – remove skin red cooked unpeeled sliced
- ☐ 3 cups green beans cooked
- ☐ 3 hardboiled eggs quartered
- ☐ 2 medium tomatoes cut into wedges
- ☐ 5 oz tuna flaked drained canned
- ☐ 0.5 cup olives pitted ripe
- ☐ 0.3 cup bacon bits

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1 cup balsamic vinaigrette salad dressing

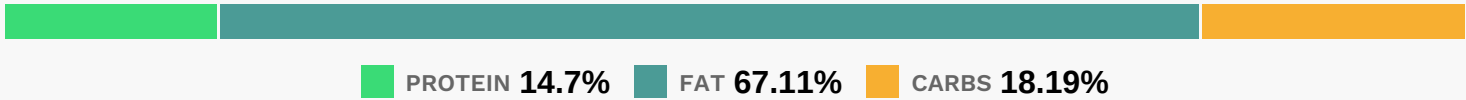
Equipment

Directions

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On extra-large serving platter, arrange all ingredients except dressing. Just before serving, drizzle with dressing.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:1.5, Inflammation Score:-8, Nutrition Score:17.516087138135%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 380.92kcal (19.05%), Fat: 29.15g (44.84%), Saturated Fat: 5.48g (34.24%), Carbohydrates: 17.78g (5.93%), Net Carbohydrates: 13.45g (4.89%), Sugar: 4.74g (5.26%), Cholesterol: 101.75mg (33.92%), Sodium: 510.33mg (22.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.36g (28.73%), Vitamin K: 69.42µg (66.12%), Selenium: 26.08µg (37.26%), Vitamin E: 4.04mg (26.95%), Vitamin C: 21.99mg (26.65%), Vitamin A: 1214.27IU (24.29%), Vitamin B3: 3.82mg (19.11%), Folate: 69.89µg (17.47%), Vitamin B12: 1.04µg (17.37%), Fiber: 4.33g (17.31%), Phosphorus: 168.35mg (16.84%), Vitamin B6: 0.32mg (15.76%), Potassium: 529.91mg (15.14%), Vitamin B2: 0.25mg (14.56%), Vitamin B1: 0.2mg (13.56%), Manganese: 0.27mg (13.43%), Magnesium: 51.1mg (12.78%), Copper: 0.22mg (11.23%), Iron: 1.96mg (10.89%), Zinc: 1.05mg (7%), Vitamin B5: 0.68mg (6.84%), Calcium: 67.54mg (6.75%), Vitamin D: 0.83µg (5.56%)