



## Classic Layered Salad

 Gluten Free

READY IN



200 min.

SERVINGS



20

CALORIES



128 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 cup milk cheddar cheese shredded 2% kraft
- 6 oz oscar mayer ham smoked chopped
- 8 cups iceberg lettuce chopped
- 0.8 cup real mayo mayonnaise kraft
- 0.3 cup parmesan cheese grated kraft
- 10 oz peas frozen thawed
- 1 small onion red separated sliced
- 1 Tbsp sugar

2 small tomatoes chopped

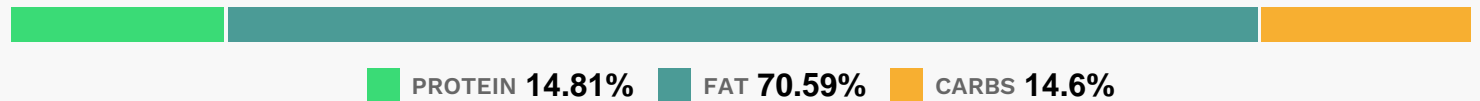
## Equipment

bowl

## Directions

- Layer lettuce, onions, peas and ham in large straight-sided clear glass bowl.
- Mix mayo, Parmesan and sugar; spread over salad to seal. Refrigerate several hours or up to 24 hours.
- Top with cheddar and tomatoes just before serving; toss gently.

## Nutrition Facts



## Properties

Glycemic Index:14.42, Glycemic Load:1.4, Inflammation Score:-4, Nutrition Score:5.3769565406053%

## Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

## Nutrients (% of daily need)

Calories: 127.76kcal (6.39%), Fat: 10.1g (15.54%), Saturated Fat: 2.79g (17.44%), Carbohydrates: 4.7g (1.57%), Net Carbohydrates: 3.35g (1.22%), Sugar: 2.51g (2.79%), Cholesterol: 15.54mg (5.18%), Sodium: 217.39mg (9.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.54%), Vitamin K: 25.05µg (23.85%), Vitamin C: 8.13mg (9.85%), Vitamin A: 401.81IU (8.04%), Phosphorus: 78.61mg (7.86%), Vitamin B1: 0.11mg (7.29%), Selenium: 4.48µg (6.39%), Calcium: 63.17mg (6.32%), Manganese: 0.12mg (5.75%), Folate: 21.91µg (5.48%), Fiber: 1.36g (5.43%), Zinc: 0.72mg (4.77%), Vitamin B2: 0.08mg (4.64%), Vitamin B6: 0.09mg (4.39%), Potassium: 137.46mg (3.93%), Vitamin B3: 0.78mg (3.88%), Vitamin E: 0.48mg (3.17%), Magnesium: 11.91mg (2.98%), Iron: 0.47mg (2.61%), Copper: 0.05mg (2.54%), Vitamin B12: 0.14µg (2.35%), Vitamin B5: 0.14mg (1.37%)