



Classic Tossed Salad

 Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



198 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 ounce olives black sliced canned
- ☐ 1 cup blanched slivered almonds
- ☐ 1 cup cherry tomatoes halved
- ☐ 8 ounce feta cheese crumbled
- ☐ 6 mushrooms fresh sliced
- ☐ 8 ounce salad dressing italian
- ☐ 1 head lettuce red
- ☐ 1 onion red halved thinly sliced

- ☐ 1 head romaine lettuce
- ☐ 0.3 cup romano cheese grated
- ☐ 2 tablespoons sesame seed

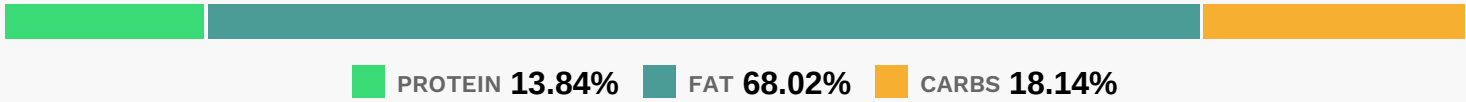
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a large skillet over medium-high heat.
- ☐ Place the almonds in the skillet, and cook, stirring frequently until lightly browned. When the almonds are beginning to turn, add sesame seeds, and cook 1 more minute, or until seeds are toasted.
- ☐ In a large salad bowl, combine lettuce with feta cheese, olives, almonds, sesame seeds, tomatoes, onion, mushrooms, and Romano cheese. When ready to serve, toss with Italian dressing.

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:0.53, Inflammation Score:-10, Nutrition Score:18.882173763669%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 5.05mg, Quercetin: 5.05mg, Quercetin: 5.05mg, Quercetin: 5.05mg

Nutrients (% of daily need)

Calories: 198.27kcal (9.91%), Fat: 15.72g (24.18%), Saturated Fat: 4.11g (25.66%), Carbohydrates: 9.43g (3.14%), Net Carbohydrates: 6.4g (2.33%), Sugar: 4.17g (4.63%), Cholesterol: 18.99mg (6.33%), Sodium: 590.25mg (25.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.2g (14.39%), Vitamin A: 6666.9IU (133.34%), Vitamin K: 101.01µg (96.2%), Folate: 97.45µg (24.36%), Vitamin E: 3.13mg (20.88%), Vitamin B2: 0.34mg (19.73%), Calcium:

186.44mg (18.64%), Manganese: 0.37mg (18.61%), Phosphorus: 172.01mg (17.2%), Copper: 0.25mg (12.27%),
Magnesium: 48.56mg (12.14%), Fiber: 3.03g (12.12%), Vitamin B6: 0.21mg (10.67%), Potassium: 348.16mg (9.95%),
Iron: 1.69mg (9.4%), Vitamin B1: 0.13mg (8.95%), Selenium: 5.98µg (8.54%), Vitamin C: 6.83mg (8.28%), Zinc: 1.24mg
(8.28%), Vitamin B3: 1.29mg (6.47%), Vitamin B12: 0.35µg (5.78%), Vitamin B5: 0.51mg (5.11%)