



Dinner-Time Chop-Chop Salad

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



67 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 oz beets drained sliced canned
- 1 cup cucumbers chopped
- 15 slices oscar mayer deli turkey breast smoked fresh chopped ()
- 3 cups iceberg lettuce chopped
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 0.3 cup onions red chopped
- 4 big swiss cheese cut into thin strips kraft
- 1 medium tomatoes chopped

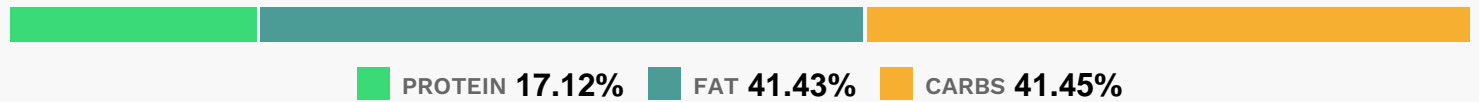
Equipment

bowl

Directions

- Toss all ingredients except dressing in large bowl.
- Add dressing; mix lightly.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.27, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:2.9008695664613%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 67.39kcal (3.37%), Fat: 3.19g (4.91%), Saturated Fat: 1.08g (6.77%), Carbohydrates: 7.18g (2.39%), Net Carbohydrates: 6.58g (2.39%), Sugar: 4.84g (5.37%), Cholesterol: 6.78mg (2.26%), Sodium: 225.91mg (9.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.93%), Vitamin K: 9.3µg (8.86%), Phosphorus: 58.06mg (5.81%), Manganese: 0.1mg (5.11%), Calcium: 50.63mg (5.06%), Vitamin A: 201.37IU (4.03%), Folate: 15.22µg (3.8%), Copper: 0.07mg (3.61%), Potassium: 114.49mg (3.27%), Vitamin C: 2.69mg (3.26%), Magnesium: 11.54mg (2.89%), Zinc: 0.4mg (2.67%), Selenium: 1.84µg (2.63%), Fiber: 0.61g (2.42%), Vitamin B12: 0.14µg (2.28%), Vitamin B6: 0.04mg (2.13%), Vitamin B2: 0.04mg (2.08%), Vitamin E: 0.29mg (1.93%), Iron: 0.34mg (1.88%), Vitamin B1: 0.02mg (1.19%), Vitamin B5: 0.1mg (1.03%)