



Dinnertime Toss-Up

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



87 kcal

SIDE DISH

Ingredients

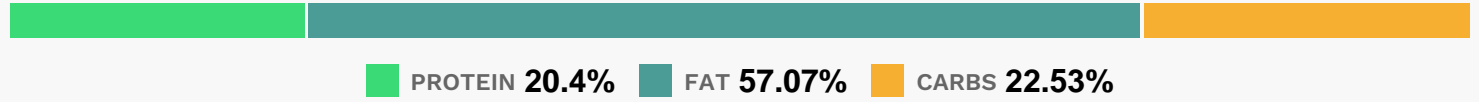
- 1 cup broccoli florets fresh
- 1 cup cherry tomatoes cut in half
- 1 cucumber sliced
- 8 oz oscar mayer deli bold mesquite turkey breast smoked fresh chopped
- 1 bell pepper green chopped
- 0.5 cup lite ranch dressing kraft
- 10 oz torn romaine lettuce

Equipment

Directions

- Combine all ingredients except dressing.
- Add dressing just before serving; toss to coat.

Nutrition Facts



Properties

Glycemic Index:5.7, Glycemic Load:0.22, Inflammation Score:-9, Nutrition Score:9.5460869715266%

Flavonoids

Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 87.23kcal (4.36%), Fat: 5.7g (8.77%), Saturated Fat: 0.92g (5.73%), Carbohydrates: 5.06g (1.69%), Net Carbohydrates: 3.71g (1.35%), Sugar: 2.51g (2.79%), Cholesterol: 10.38mg (3.46%), Sodium: 386.33mg (16.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.59g (9.17%), Vitamin K: 57.88µg (55.12%), Vitamin A: 2668.99IU (53.38%), Vitamin C: 23.18mg (28.09%), Folate: 52.1µg (13.02%), Phosphorus: 102.3mg (10.23%), Potassium: 247.06mg (7.06%), Manganese: 0.12mg (6.01%), Copper: 0.12mg (5.87%), Fiber: 1.35g (5.39%), Vitamin B6: 0.09mg (4.71%), Magnesium: 18.73mg (4.68%), Iron: 0.84mg (4.65%), Vitamin E: 0.51mg (3.4%), Vitamin B1: 0.05mg (3.34%), Vitamin B2: 0.05mg (3.19%), Vitamin B5: 0.29mg (2.91%), Zinc: 0.41mg (2.7%), Calcium: 26.52mg (2.65%), Vitamin B3: 0.3mg (1.5%), Selenium: 0.87µg (1.24%)