

European Tossed Salad

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



8

CALORIES



109 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup grape tomatoes
- 1 tablespoons juice of lemon
- 0.5 cup mayonnaise
- 10 ounces the salad ready-to-serve
- 1 tablespoons sugar

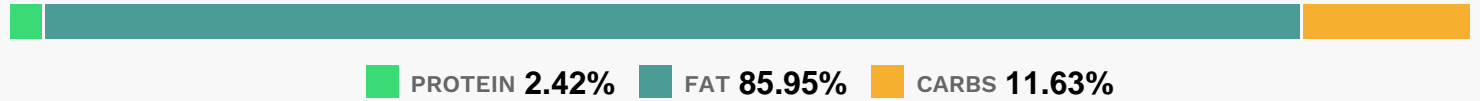
Equipment

- bowl
- whisk

Directions

- In a salad bowl, combine the greens and tomatoes. In a small bowl, whisk the mayonnaise, sugar and lemon juice.
- Pour over salad and toss to coat.

Nutrition Facts



Properties

Glycemic Index:19.76, Glycemic Load:1.18, Inflammation Score:-4, Nutrition Score:3.1773913295373%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 108.73kcal (5.44%), Fat: 10.52g (16.19%), Saturated Fat: 1.64g (10.28%), Carbohydrates: 3.21g (1.07%), Net Carbohydrates: 3.09g (1.12%), Sugar: 1.87g (2.08%), Cholesterol: 5.88mg (1.96%), Sodium: 98.61mg (4.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.33%), Vitamin K: 23.56µg (22.43%), Vitamin C: 10.22mg (12.39%), Vitamin A: 489.35IU (9.79%), Folate: 15.58µg (3.9%), Vitamin E: 0.51mg (3.42%), Manganese: 0.06mg (3.2%), Potassium: 87.78mg (2.51%), Phosphorus: 19.15mg (1.91%), Vitamin B6: 0.04mg (1.89%), Iron: 0.28mg (1.56%), Vitamin B2: 0.02mg (1.34%), Copper: 0.03mg (1.31%), Magnesium: 5.17mg (1.29%), Vitamin B3: 0.25mg (1.26%), Vitamin B1: 0.02mg (1.06%)