



Farmer's Market Toss

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



15

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz artichoke hearts drained coarsely chopped canned
- 8 oz knudsen cream sour
- 4 cups iceberg lettuce
- 1 env. seasons dressing mix italian good
- 3 cups cut-up vegetables fresh assorted

Equipment

- bowl

Directions

- Mix sour cream and dressing mix; cover.
- Refrigerate at least 1 hour.
- Toss lettuce with vegetables and artichokes in large bowl.
- Add half of the sour cream mixture; mix lightly. Store remaining sour cream mixture in refrigerator.
- Serve as a dip with your favorite vegetable dippers.

Nutrition Facts

PROTEIN 12.03% **FAT 43.56%** **CARBS 44.41%**

Properties

Glycemic Index:5.13, Glycemic Load:1.66, Inflammation Score:-8, Nutrition Score:4.5143477709397%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 62.21kcal (3.11%), Fat: 3.15g (4.85%), Saturated Fat: 1.57g (9.79%), Carbohydrates: 7.23g (2.41%), Net Carbohydrates: 5.13g (1.87%), Sugar: 1.1g (1.22%), Cholesterol: 8.92mg (2.97%), Sodium: 126.41mg (5.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.92%), Vitamin A: 2038.97IU (40.78%), Fiber: 2.09g (8.38%), Manganese: 0.11mg (5.72%), Vitamin C: 4.46mg (5.41%), Vitamin K: 4.85µg (4.62%), Folate: 17.03µg (4.26%), Vitamin B1: 0.06mg (3.69%), Phosphorus: 36.81mg (3.68%), Vitamin B2: 0.06mg (3.6%), Potassium: 123.14mg (3.52%), Magnesium: 11.59mg (2.9%), Calcium: 27.83mg (2.78%), Vitamin B3: 0.49mg (2.47%), Vitamin B6: 0.05mg (2.46%), Iron: 0.44mg (2.42%), Copper: 0.04mg (2.07%), Zinc: 0.24mg (1.62%), Vitamin B5: 0.13mg (1.28%), Selenium: 0.72µg (1.03%)