



## Field Salad With Mushrooms And Feta



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



67 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 2 ounces herbed feta cheese crumbled
- ☐ 2 cups mushrooms quartered
- ☐ 6 cups gourmet salad greens
- ☐ 3 tablespoons sun-dried tomato dressing kraft such as

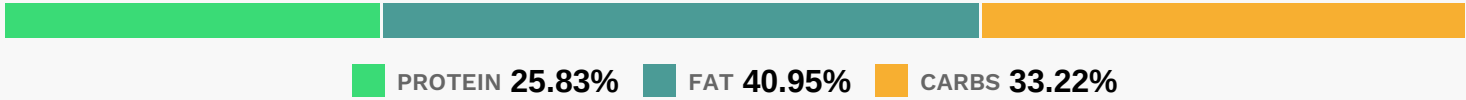
### Equipment

- ☐ bowl

# Directions

- ☐ Combine first 3 ingredients in a large bowl.
- ☐ Sprinkle dressing over salad; toss to coat.

## Nutrition Facts



## Properties

Glycemic Index:22.25, Glycemic Load:0.99, Inflammation Score:-6, Nutrition Score:8.4817390629779%

## Nutrients (% of daily need)

Calories: 67.4kcal (3.37%), Fat: 3.36g (5.18%), Saturated Fat: 1.93g (12.07%), Carbohydrates: 6.14g (2.05%), Net Carbohydrates: 5.2g (1.89%), Sugar: 2.36g (2.62%), Cholesterol: 12.62mg (4.21%), Sodium: 183.6mg (7.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.55%), Vitamin B2: 0.36mg (21.23%), Vitamin C: 16.4mg (19.88%), Vitamin A: 774.19IU (15.48%), Vitamin B3: 2.54mg (12.71%), Phosphorus: 125.8mg (12.58%), Copper: 0.24mg (12.02%), Potassium: 393.25mg (11.24%), Vitamin B5: 1.01mg (10.06%), Selenium: 7.04µg (10.05%), Folate: 37.45µg (9.36%), Manganese: 0.18mg (9.2%), Vitamin B6: 0.17mg (8.52%), Calcium: 83.25mg (8.32%), Vitamin B1: 0.1mg (6.57%), Iron: 1.05mg (5.84%), Zinc: 0.86mg (5.72%), Magnesium: 20.89mg (5.22%), Vitamin B12: 0.26µg (4.31%), Fiber: 0.94g (3.77%), Vitamin K: 1.87µg (1.78%), Vitamin D: 0.15µg (1.02%)