



Fruited Green Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



3 min.

SERVINGS



4

CALORIES



57 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup grapes red seedless halved
- 5 ounce gourmet salad greens (6 cups)
- 0.5 cup red wine vinaigrette fat-free

Equipment

- bowl

Directions

Combine all ingredients in a large bowl; toss gently.

Nutrition Facts

 **PROTEIN 7.6%**  **FAT 1.98%**  **CARBS 90.42%**

Properties

Glycemic Index:15.25, Glycemic Load:3.1, Inflammation Score:-4, Nutrition Score:2.932608731415%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

Nutrients (% of daily need)

Calories: 57.22kcal (2.86%), Fat: 0.09g (0.13%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 8.76g (2.92%), Net Carbohydrates: 8.42g (3.06%), Sugar: 6.04g (6.71%), Cholesterol: 0mg (0%), Sodium: 11.17mg (0.49%), Alcohol: 3.18g (100%), Alcohol %: 3.91% (100%), Protein: 0.74g (1.47%), Vitamin C: 9.43mg (11.43%), Vitamin A: 428.08IU (8.56%), Manganese: 0.12mg (5.92%), Vitamin K: 5.63µg (5.36%), Potassium: 171.15mg (4.89%), Vitamin B6: 0.08mg (3.9%), Folate: 14.17µg (3.54%), Copper: 0.07mg (3.45%), Vitamin B2: 0.05mg (3.14%), Phosphorus: 28.27mg (2.83%), Iron: 0.5mg (2.76%), Vitamin B1: 0.04mg (2.55%), Magnesium: 10.14mg (2.54%), Vitamin B3: 0.33mg (1.67%), Fiber: 0.34g (1.36%), Calcium: 10.78mg (1.08%)