



Garden Chopped Salad

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



130 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup broccoli chopped
- 0.5 cup matchlike carrot sticks shredded
- 0.5 cup milk cheddar cheese shredded 2% kraft
- 0.5 cup lite ranch dressing kraft
- 6 cups romaine lettuce chopped
- 3 slices oscar mayer center cut bacon crumbled cooked

Equipment

Directions

- Toss lettuce with broccoli, carrots and dressing.
- Top with cheese and bacon.

Nutrition Facts

PROTEIN 10.62% **FAT 79.92%** **CARBS 9.46%**

Properties

Glycemic Index:10.58, Glycemic Load:0.35, Inflammation Score:-9, Nutrition Score:9.3786958844765%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 130.1kcal (6.5%), Fat: 11.68g (17.97%), Saturated Fat: 3.38g (21.12%), Carbohydrates: 3.11g (1.04%), Net Carbohydrates: 2.11g (0.77%), Sugar: 1.37g (1.52%), Cholesterol: 15.9mg (5.3%), Sodium: 226.14mg (9.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.98%), Vitamin A: 3645.4IU (72.91%), Vitamin K: 54.94µg (52.33%), Folate: 46.78µg (11.69%), Vitamin C: 9.36mg (11.34%), Phosphorus: 80.26mg (8.03%), Selenium: 4.53µg (6.47%), Calcium: 59.4mg (5.94%), Vitamin B2: 0.08mg (4.53%), Potassium: 151.36mg (4.32%), Vitamin B1: 0.06mg (4.27%), Vitamin B6: 0.08mg (4.07%), Fiber: 1g (4%), Manganese: 0.08mg (3.91%), Vitamin E: 0.5mg (3.35%), Vitamin B3: 0.65mg (3.26%), Zinc: 0.47mg (3.14%), Vitamin B5: 0.29mg (2.87%), Magnesium: 9.99mg (2.5%), Iron: 0.45mg (2.48%), Vitamin B12: 0.13µg (2.24%), Copper: 0.03mg (1.47%)