



## Garden Vegetable Salad Stacker

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



78 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

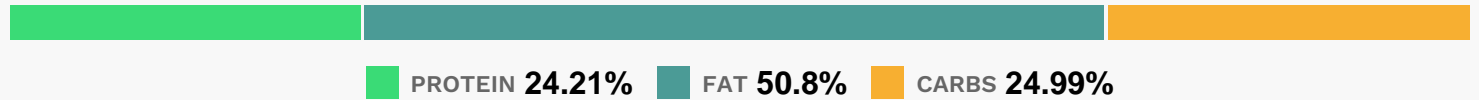
- 1 cucumber seedless cut into 12 slices
- 6 basil leaves fresh
- 0.3 cup 1/3 cup kraft zesty italian dressing italian divided kraft
- 6 oz low-moisture part-skim mozzarella cheese cut into 6 slices kraft
- 1 large onion red cut into 6 slices
- 2 large tomatoes cut into 6 slices

## Equipment

## Directions

- Place 6 tomato slices on platter; top each with 1 cheese slice.
- Drizzle with half the dressing.
- Top each stack with 1 onion slice, 2 cucumber slices and second tomato slice.
- Drizzle with remaining dressing; top with basil.

## Nutrition Facts



## Properties

Glycemic Index:13.5, Glycemic Load:0.6, Inflammation Score:-4, Nutrition Score:4.45086960041%

## Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

## Nutrients (% of daily need)

Calories: 77.51kcal (3.88%), Fat: 4.48g (6.89%), Saturated Fat: 1.98g (12.36%), Carbohydrates: 4.96g (1.65%), Net Carbohydrates: 4.18g (1.52%), Sugar: 2.96g (3.29%), Cholesterol: 10.89mg (3.63%), Sodium: 185.94mg (8.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.61%), Calcium: 145.43mg (14.54%), Vitamin K: 13.49µg (12.85%), Phosphorus: 99.19mg (9.92%), Vitamin A: 432.23IU (8.64%), Vitamin C: 6.72mg (8.14%), Potassium: 168mg (4.8%), Manganese: 0.09mg (4.31%), Vitamin B2: 0.07mg (4.21%), Zinc: 0.62mg (4.12%), Selenium: 2.75µg (3.93%), Vitamin B6: 0.07mg (3.58%), Magnesium: 13.46mg (3.37%), Fiber: 0.78g (3.11%), Folate: 11.34µg (2.84%), Vitamin E: 0.41mg (2.7%), Vitamin B12: 0.14µg (2.32%), Copper: 0.04mg (2.24%), Vitamin B1: 0.03mg (2.09%), Iron: 0.27mg (1.5%), Vitamin B3: 0.29mg (1.44%), Vitamin B5: 0.14mg (1.38%)