



Green Bean and Mozzarella Cheese Salad

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



156 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

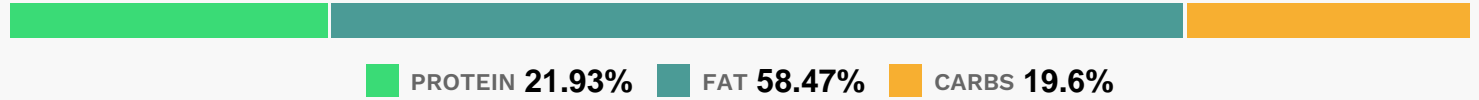
- 0.3 cup basil fresh chopped
- 2 cups green beans fresh cooked
- 1 lb plum tomatoes chopped
- 7 oz milk mozzarella cheese shredded 2% kraft
- 0.3 cup tuscan house dressing italian kraft

Equipment

Directions

- Combine ingredients.
- Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:30.17, Glycemic Load:1.7, Inflammation Score:-7, Nutrition Score:9.557391161504%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 155.84kcal (7.79%), Fat: 10.39g (15.98%), Saturated Fat: 4.78g (29.84%), Carbohydrates: 7.84g (2.61%), Net Carbohydrates: 5.92g (2.15%), Sugar: 4.94g (5.49%), Cholesterol: 26.13mg (8.71%), Sodium: 343.05mg (14.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.76g (17.53%), Vitamin K: 35.34µg (33.66%), Vitamin A: 1181.35IU (23.63%), Calcium: 192.21mg (19.22%), Vitamin C: 15.12mg (18.33%), Phosphorus: 151.87mg (15.19%), Vitamin B12: 0.75µg (12.57%), Manganese: 0.19mg (9.73%), Selenium: 6.11µg (8.73%), Vitamin B2: 0.15mg (8.65%), Potassium: 296.57mg (8.47%), Zinc: 1.2mg (8.01%), Fiber: 1.92g (7.67%), Vitamin B6: 0.13mg (6.74%), Folate: 26.66µg (6.67%), Magnesium: 25.6mg (6.4%), Vitamin E: 0.92mg (6.12%), Vitamin B1: 0.07mg (4.73%), Iron: 0.8mg (4.46%), Copper: 0.08mg (4.06%), Vitamin B3: 0.78mg (3.91%), Vitamin B5: 0.2mg (1.99%)