



Harvest Salad to Go

 Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



79 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup colby & monterey jack cheeses shredded kraft
- 4 slices oscar mayer deli oven roasted turkey breast fresh cut into strips
- 0.5 cup granny smith apple wedges thin
- 2 Tbsp classic ranch dressing kraft
- 1.5 tsp oscar mayer real bacon bits
- 0.3 cup grapes red seedless
- 2 cups tightly torn salad greens mixed packed

Equipment

Directions

- Toss apples with dressing in medium airtight container.
- Top with layers of remaining ingredients; cover with lid.
- Toss salad just before serving.

Nutrition Facts



Properties

Glycemic Index:15.6, Glycemic Load:1.05, Inflammation Score:-2, Nutrition Score:3.0104348037554%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 79.23kcal (3.96%), Fat: 5.24g (8.06%), Saturated Fat: 1.96g (12.28%), Carbohydrates: 4.41g (1.47%), Net Carbohydrates: 4.04g (1.47%), Sugar: 2.86g (3.18%), Cholesterol: 14.23mg (4.74%), Sodium: 228.74mg (9.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.12%), Vitamin K: 9.6µg (9.14%), Phosphorus: 75.12mg (7.51%), Vitamin C: 4.53mg (5.49%), Vitamin A: 262.24IU (5.24%), Calcium: 51.53mg (5.15%), Vitamin B3: 0.99mg (4.96%), Vitamin B6: 0.07mg (3.71%), Selenium: 2.51µg (3.58%), Vitamin B2: 0.05mg (3.14%), Potassium: 102.1mg (2.92%), Folate: 8.55µg (2.14%), Zinc: 0.31mg (2.04%), Manganese: 0.04mg (1.93%), Magnesium: 7.43mg (1.86%), Vitamin B5: 0.19mg (1.86%), Fiber: 0.37g (1.47%), Vitamin E: 0.22mg (1.46%), Iron: 0.25mg (1.38%), Copper: 0.03mg (1.34%), Vitamin B12: 0.08µg (1.31%), Vitamin B1: 0.02mg (1.24%)