



## Hearts of Romaine Toss

 Vegetarian  Gluten Free

READY IN



7 min.

SERVINGS



8

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 14 ounce artichoke hearts rinsed drained quartered canned
- 1 cup cucumber sliced ( 1 medium)
- 2 ounces feta cheese crumbled
- 1 pint grape tomatoes
- 14 ounce hearts of palm rinsed drained sliced canned
- 22 ounce hearts of romaine chopped
- 0.5 cup onion red thinly sliced ( )
- 0.5 cup red wine vinaigrette fat-free

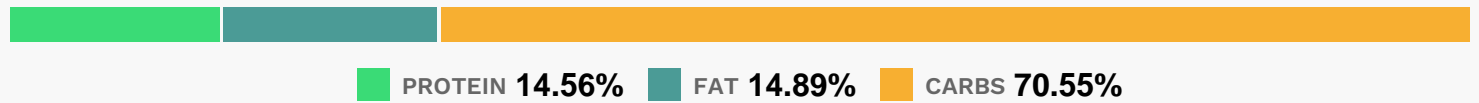
# Equipment

bowl

# Directions

- Combine first 7 ingredients in a large bowl; add vinaigrette just before serving. Toss well.
- Sprinkle with freshly ground pepper, if desired.

# Nutrition Facts



# Properties

Glycemic Index:15.25, Glycemic Load:0.98, Inflammation Score:-10, Nutrition Score:19.341739330603%

# Flavonoids

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# Nutrients (% of daily need)

Calories: 129.93kcal (6.5%), Fat: 2.01g (3.1%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 21.44g (7.15%), Net Carbohydrates: 17.3g (6.29%), Sugar: 12.13g (13.47%), Cholesterol: 6.31mg (2.1%), Sodium: 281.45mg (12.24%), Alcohol: 1.59g (100%), Alcohol %: 0.71% (100%), Protein: 4.43g (8.85%), Vitamin A: 7359.23IU (147.18%), Vitamin K: 86.01µg (81.91%), Potassium: 1289.38mg (36.84%), Folate: 133.45µg (33.36%), Vitamin B6: 0.57mg (28.3%), Copper: 0.41mg (20.57%), Vitamin C: 16.46mg (19.95%), Fiber: 4.14g (16.57%), Zinc: 2.4mg (16.01%), Phosphorus: 140.77mg (14.08%), Vitamin B2: 0.22mg (13.18%), Manganese: 0.24mg (11.75%), Iron: 1.93mg (10.71%), Vitamin B1: 0.12mg (8.28%), Calcium: 81.34mg (8.13%), Magnesium: 28.52mg (7.13%), Vitamin B3: 1.16mg (5.82%), Vitamin E: 0.69mg

(4.59%), Vitamin B5: 0.29mg (2.89%), Selenium: 1.82µg (2.6%), Vitamin B12: 0.12µg (2%)