



Hearty Vegetable Salad

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



221 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 servings bacon (recipe below)
- 0.5 cucumber sliced
- 0.5 cup enoki mushrooms
- 8 ounce dole® field greens
- 8 kalamata olives pitted cut in half
- 1 cup parmesan cheese-flavored croutons
- 1 large tomatoes cut in thin wedges
- 0.5 cup walnut halves toasted

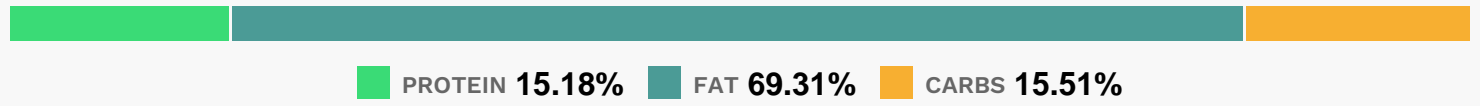
Equipment

bowl

Directions

Combine salad, tomato, cucumber, croutons, mushrooms, walnuts and olives in large bowl. Toss with Bacon, Onion and Mustard Salad Dressing, to taste. Refrigerate any remaining dressing.

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:0.65, Inflammation Score:-6, Nutrition Score:9.5826087542202%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 220.54kcal (11.03%), Fat: 17.53g (26.97%), Saturated Fat: 4.28g (26.77%), Carbohydrates: 8.83g (2.94%), Net Carbohydrates: 7.31g (2.66%), Sugar: 4.6g (5.11%), Cholesterol: 11.33mg (3.78%), Sodium: 640.44mg (27.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.64g (17.28%), Manganese: 0.46mg (22.87%), Calcium: 224.75mg (22.47%), Vitamin K: 20.5µg (19.52%), Phosphorus: 186.77mg (18.68%), Vitamin A: 863.23IU (17.26%), Vitamin C: 13.96mg (16.93%), Copper: 0.23mg (11.62%), Magnesium: 36.09mg (9.02%), Folate: 35.52µg (8.88%), Vitamin B6: 0.16mg (7.99%), Potassium: 274.44mg (7.84%), Selenium: 5.13µg (7.33%), Vitamin E: 1.09mg (7.29%), Zinc: 0.99mg (6.6%), Vitamin B2: 0.11mg (6.59%), Fiber: 1.51g (6.06%), Vitamin B1: 0.09mg (5.93%), Iron: 0.96mg (5.31%), Vitamin B3: 0.98mg (4.91%), Vitamin B5: 0.34mg (3.38%), Vitamin B12: 0.2µg (3.33%)