



House Garden Tangle



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



181 kcal

SIDE DISH

Ingredients

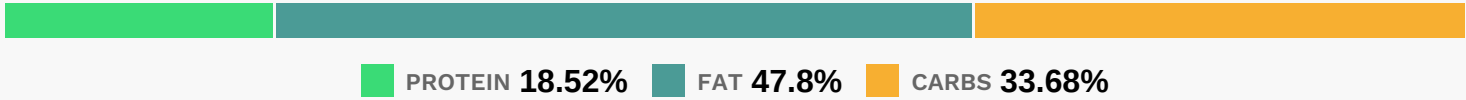
- ☐ 4 servings apple-tarragon vinaigrette
- ☐ 1 cucumber sliced
- ☐ 8 cups salad greens mixed
- ☐ 4 roma tomatoes quartered
- ☐ 4 ounces cheddar cheese shredded

Equipment

Directions

- ☐ Arrange first 3 ingredients on salad plates.
- ☐ Drizzle with vinaigrette, and sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:3.26, Inflammation Score:-8, Nutrition Score:11.928695611332%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 181.13kcal (9.06%), Fat: 10.05g (15.45%), Saturated Fat: 5.5g (34.35%), Carbohydrates: 15.92g (5.31%), Net Carbohydrates: 13.16g (4.78%), Sugar: 9.26g (10.29%), Cholesterol: 28.35mg (9.45%), Sodium: 211.43mg (9.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.76g (17.51%), Vitamin C: 32.33mg (39.19%), Vitamin A: 1797.07IU (35.94%), Calcium: 231.28mg (23.13%), Phosphorus: 198.55mg (19.85%), Folate: 57.23µg (14.31%), Potassium: 475.24mg (13.58%), Manganese: 0.27mg (13.39%), Vitamin B2: 0.21mg (12.46%), Selenium: 8.42µg (12.03%), Vitamin K: 12.35µg (11.77%), Fiber: 2.77g (11.08%), Vitamin B6: 0.2mg (9.85%), Zinc: 1.47mg (9.78%), Magnesium: 35.4mg (8.85%), Copper: 0.16mg (7.8%), Vitamin B1: 0.09mg (5.94%), Iron: 0.96mg (5.32%), Vitamin B12: 0.3µg (5.01%), Vitamin B5: 0.49mg (4.86%), Vitamin E: 0.68mg (4.55%), Vitamin B3: 0.91mg (4.54%), Vitamin D: 0.17µg (1.13%)