



## Italian Bread Salad

 Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



161 kcal

SIDE DISH

### Ingredients

- 0.5 cucumber chopped
- 0.3 cup olive oil
- 1 small onion red chopped
- 2 cups stove top stuffing mix for chicken in the canister
- 2 medium tomatoes chopped
- 0.5 cup water hot
- 2 Tbsp heinz red wine vinegar

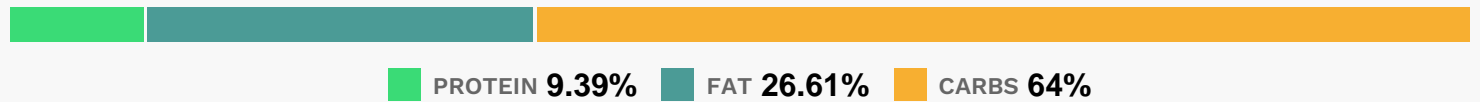
### Equipment

bowl

## Directions

- Mix stuffing mix and hot water in large bowl just until moistened.
- Let stand 5 minutes.
- Stir in tomatoes, onion and cucumber.
- Mix oil and vinegar until well blended.
- Add to stuffing mixture; toss lightly.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:5.33, Glycemic Load:0.34, Inflammation Score:-3, Nutrition Score:5.9547826770855%

## Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

## Nutrients (% of daily need)

Calories: 161.05kcal (8.05%), Fat: 4.73g (7.27%), Saturated Fat: 0.77g (4.83%), Carbohydrates: 25.58g (8.53%), Net Carbohydrates: 24.18g (8.79%), Sugar: 3.49g (3.88%), Cholesterol: 0.32mg (0.11%), Sodium: 445.15mg (19.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.51%), Selenium: 15.19µg (21.7%), Folate: 58.25µg (14.56%), Vitamin B1: 0.2mg (13.37%), Manganese: 0.22mg (11.19%), Vitamin B3: 1.93mg (9.64%), Vitamin B2: 0.14mg (7.94%), Iron: 1.31mg (7.29%), Fiber: 1.4g (5.6%), Phosphorus: 52.8mg (5.28%), Vitamin E: 0.73mg (4.88%), Copper: 0.1mg (4.81%), Vitamin K: 4.56µg (4.34%), Magnesium: 16.51mg (4.13%), Potassium: 141.59mg (4.05%), Vitamin C: 3.12mg (3.78%), Vitamin B6: 0.08mg (3.75%), Calcium: 35.72mg (3.57%), Vitamin A: 144.59IU (2.89%), Zinc: 0.35mg (2.35%), Vitamin B5: 0.17mg (1.73%)