



Italian Bread Salad with Olives

READY IN



80 min.

SERVINGS



20

CALORIES



232 kcal

SIDE DISH

Ingredients

- 0.5 cup parmesan cheese grated kraft
- 1 cup pimento-stuffed olives green sliced
- 0.8 cup seasons dressing mix italian good prepared
- 1 cup onions red chopped
- 4 cups stove top stuffing mix for chicken in the canister
- 1 tomatoes seeded chopped
- 1 cup water hot

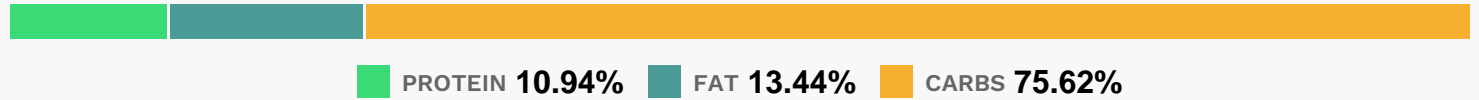
Equipment

bowl

Directions

- Add hot water to stuffing mix in large bowl; stir just until moistened. Cover; let stand 5 min.
- Stir in remaining ingredients.
- Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:3.25, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:8.0343477913867%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 231.93kcal (11.6%), Fat: 3.36g (5.17%), Saturated Fat: 0.93g (5.81%), Carbohydrates: 42.54g (14.18%), Net Carbohydrates: 40.59g (14.76%), Sugar: 4.45g (4.95%), Cholesterol: 2.65mg (0.88%), Sodium: 1480.48mg (64.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.16g (12.31%), Selenium: 23.69µg (33.84%), Folate: 82.29µg (20.57%), Vitamin B1: 0.29mg (19.34%), Manganese: 0.3mg (15.03%), Vitamin B3: 2.79mg (13.96%), Vitamin B2: 0.2mg (11.98%), Iron: 1.88mg (10.45%), Phosphorus: 86.63mg (8.66%), Fiber: 1.95g (7.79%), Calcium: 74.32mg (7.43%), Copper: 0.13mg (6.52%), Magnesium: 22.14mg (5.53%), Vitamin B6: 0.09mg (4.53%), Potassium: 150.09mg (4.29%), Zinc: 0.58mg (3.84%), Vitamin E: 0.48mg (3.23%), Vitamin B5: 0.21mg (2.13%), Vitamin A: 100.49IU (2.01%), Vitamin C: 1.43mg (1.74%), Vitamin K: 1.18µg (1.12%)