



Italian Chop Salad in Shells

 Dairy Free

READY IN



55 min.

SERVINGS



36

CALORIES



67 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 16 ounces shells
- ☐ 4 cups the of 1 cos lettuce chopped
- ☐ 0.5 cup basil fresh chopped
- ☐ 1 cup roasted chicken cooked coarsely chopped
- ☐ 1 cup tomatoes coarsely chopped
- ☐ 0.8 cup cucumber coarsely chopped
- ☐ 3 ounces genoa salami italian chopped
- ☐ 0.3 cup roasted garlic italian

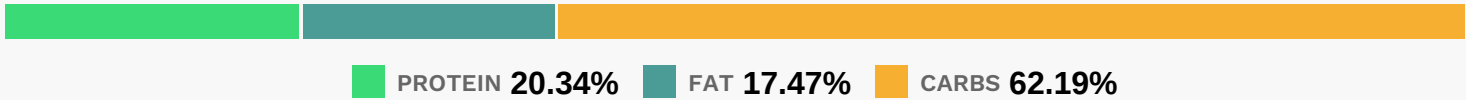
Equipment

☐ bowl

Directions

- ☐ Cook pasta shells as directed on package; drain and cool.
- ☐ Place remaining ingredients except vinaigrette in medium bowl.
- ☐ Pour vinaigrette over salad; toss to coat.
- ☐ Stuff shells with salad. Cover and refrigerate up to 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:6.19, Glycemic Load:3.96, Inflammation Score:-4, Nutrition Score:3.3656521854193%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 66.77kcal (3.34%), Fat: 1.28g (1.97%), Saturated Fat: 0.39g (2.44%), Carbohydrates: 10.26g (3.42%), Net Carbohydrates: 9.65g (3.51%), Sugar: 0.56g (0.62%), Cholesterol: 4.78mg (1.59%), Sodium: 57.97mg (2.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.71%), Selenium: 9.72µg (13.89%), Vitamin A: 510.62IU (10.21%), Manganese: 0.16mg (7.88%), Vitamin K: 7.3µg (6.95%), Phosphorus: 41.95mg (4.19%), Vitamin B6: 0.07mg (3.58%), Vitamin B3: 0.71mg (3.53%), Vitamin B1: 0.04mg (2.97%), Folate: 10.89µg (2.72%), Copper: 0.05mg (2.72%), Magnesium: 10.06mg (2.52%), Zinc: 0.38mg (2.51%), Fiber: 0.61g (2.45%), Potassium: 78.44mg (2.24%), Iron: 0.34mg (1.9%), Vitamin B2: 0.03mg (1.63%), Vitamin C: 1.32mg (1.6%), Vitamin B5: 0.14mg (1.43%), Vitamin B12: 0.08µg (1.29%)