



Italian Chopped Salad

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



471 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup vegetable oil
- 0.3 cup red wine vinegar
- 2 tablespoons basil dried fresh chopped
- 1 teaspoon sugar
- 0.3 teaspoon salt
- 6 cups the of 1 cos lettuce chopped
- 1 cup basil fresh chopped
- 1 cup roasted chicken cooked

- 2 cups tomatoes chopped
- 1.5 cups cucumber chopped
- 3 oz genoa salami italian chopped
- 15 oz cannellini beans rinsed drained canned

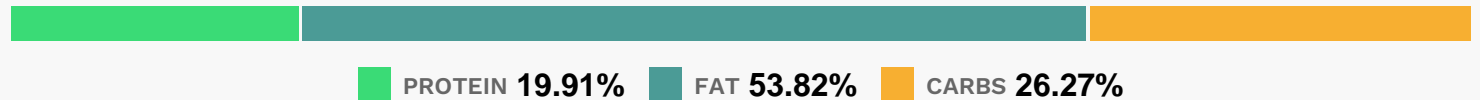
Equipment

- bowl

Directions

- In tightly covered container, shake all vinaigrette ingredients.
- In large bowl, place all salad ingredients.
- Pour vinaigrette over salad; toss until coated.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:63.02, Glycemic Load:7.11, Inflammation Score:-10, Nutrition Score:30.635217334913%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 470.88kcal (23.54%), Fat: 28.53g (43.89%), Saturated Fat: 6.11g (38.21%), Carbohydrates: 31.32g (10.44%), Net Carbohydrates: 22.65g (8.24%), Sugar: 4.85g (5.38%), Cholesterol: 43.05mg (14.35%), Sodium: 670.76mg (29.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.74g (47.49%), Vitamin K: 177.42µg (168.97%), Vitamin A: 7142.77IU (142.86%), Manganese: 1.07mg (53.56%), Folate: 195.59µg (48.9%), Iron: 6.93mg (38.51%), Fiber: 8.68g (34.71%), Potassium: 1137.88mg (32.51%), Vitamin B1: 0.42mg (27.93%), Magnesium: 108.96mg (27.24%), Phosphorus: 272.17mg (27.22%), Vitamin B6: 0.51mg (25.67%), Vitamin B3: 4.9mg (24.51%), Copper: 0.48mg (24.03%), Selenium: 16.13µg (23.04%), Zinc: 3.18mg (21.23%), Vitamin E: 3.1mg (20.65%), Vitamin C: 15.79mg

(19.14%), Calcium: 178.68mg (17.87%), Vitamin B2: 0.26mg (15.5%), Vitamin B12: 0.7µg (11.61%), Vitamin B5: 1.08mg (10.78%)