



Italian Garden Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



78 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup olives black pitted
- 1 small bell pepper red cut into strips
- 0.5 cup onions red sliced
- 10 oz torn salad greens mixed
- 0.5 cup sun tomato vinaigrette dressing dried kraft
- 1 small zucchini sliced

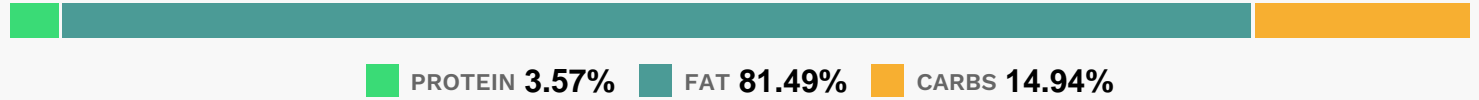
Equipment

- bowl

Directions

- Toss greens with vegetables and olives in large bowl.
- Add dressing; mix lightly.

Nutrition Facts



Properties

Glycemic Index:7.4, Glycemic Load:0.3, Inflammation Score:-5, Nutrition Score:3.8265217205752%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 77.58kcal (3.88%), Fat: 7.38g (11.36%), Saturated Fat: 1.29g (8.09%), Carbohydrates: 3.05g (1.01%), Net Carbohydrates: 2.41g (0.88%), Sugar: 1.29g (1.44%), Cholesterol: 0mg (0%), Sodium: 114.36mg (4.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.46%), Vitamin C: 18.75mg (22.73%), Vitamin K: 13.35µg (12.71%), Vitamin A: 604.03IU (12.08%), Vitamin E: 0.97mg (6.44%), Folate: 18.45µg (4.61%), Manganese: 0.08mg (4.06%), Vitamin B6: 0.08mg (3.76%), Potassium: 110.69mg (3.16%), Fiber: 0.63g (2.53%), Phosphorus: 20.05mg (2.01%), Vitamin B2: 0.03mg (2.01%), Magnesium: 7.67mg (1.92%), Iron: 0.3mg (1.69%), Copper: 0.03mg (1.65%), Vitamin B1: 0.02mg (1.53%), Vitamin B3: 0.31mg (1.53%), Calcium: 11.44mg (1.14%)