



Italian Green Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



91 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



4 servings pepper black freshly ground



0.3 cup caesar dressing fat-free



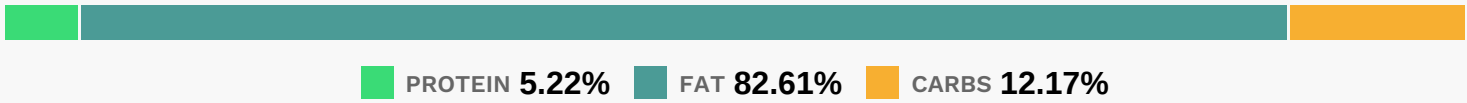
10 ounce italian-blend salad greens (6 cups)

Equipment

Directions

- ☐
- Divide salad greens evenly among 4 serving plates. Top each serving with 1 tablespoon salad dressing.
- ☐
- Sprinkle with freshly ground pepper.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-6, Nutrition Score:4.1882608319106%

Nutrients (% of daily need)

Calories: 91.2kcal (4.56%), Fat: 8.54g (13.14%), Saturated Fat: 1.3g (8.12%), Carbohydrates: 2.83g (0.94%), Net Carbohydrates: 2.73g (0.99%), Sugar: 0.41g (0.46%), Cholesterol: 5.73mg (1.91%), Sodium: 196.17mg (8.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.43%), Vitamin C: 16.49mg (19.98%), Vitamin A: 810.67IU (16.21%), Vitamin K: 15.59µg (14.84%), Folate: 26.53µg (6.63%), Manganese: 0.12mg (6.13%), Vitamin E: 0.7mg (4.65%), Potassium: 127.49mg (3.64%), Iron: 0.61mg (3.42%), Phosphorus: 30.59mg (3.06%), Vitamin B6: 0.06mg (3.03%), Vitamin B2: 0.04mg (2.18%), Magnesium: 8.26mg (2.07%), Vitamin B3: 0.4mg (1.98%), Copper: 0.04mg (1.91%), Calcium: 16.71mg (1.67%), Vitamin B1: 0.02mg (1.52%), Zinc: 0.17mg (1.11%)