



Italian Layered Salad



Vegetarian



Gluten Free

READY IN



140 min.

SERVINGS



16

CALORIES



100 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound lettuce
- ☐ 16 ounces broccoli slaw (6 cups)
- ☐ 15 ounces garbanzo beans rinsed drained canned
- ☐ 0.5 cup onion red chopped
- ☐ 1 cup bell pepper red chopped
- ☐ 1 cup salad dressing
- ☐ 0.5 cup salad dressing italian
- ☐ 1 ounce asiago cheese shredded

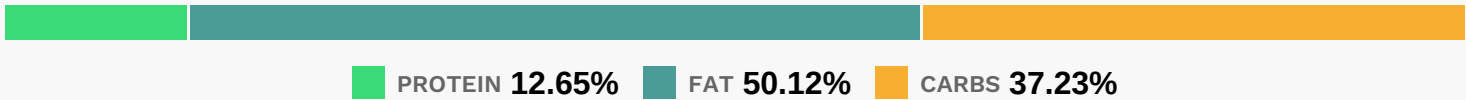
☐ 2 tablespoons parsley fresh chopped

Equipment

Directions

- ☐ In deep 3-quart serving dish, layer lettuce, broccoli slaw, beans, onion and bell pepper.
- ☐ Mix mayonnaise and Italian dressing until well blended.
- ☐ Spread over vegetables.
- ☐ Sprinkle with cheese. Cover and refrigerate at least 2 hours until chilled or overnight.
- ☐ Sprinkle with parsley just before serving.

Nutrition Facts



Properties

Glycemic Index:11.9, Glycemic Load:1.38, Inflammation Score:-6, Nutrition Score:8.1973913193721%

Flavonoids

Apigenin: 1.11mg, Apigenin: 1.11mg, Apigenin: 1.11mg, Apigenin: 1.11mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 99.72kcal (4.99%), Fat: 5.8g (8.92%), Saturated Fat: 1.02g (6.4%), Carbohydrates: 9.7g (3.23%), Net Carbohydrates: 7.89g (2.87%), Sugar: 3.56g (3.95%), Cholesterol: 1.2mg (0.4%), Sodium: 332.38mg (14.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.59%), Vitamin C: 40.29mg (48.83%), Vitamin K: 27.88µg (26.55%), Manganese: 0.34mg (17.13%), Vitamin A: 615.26IU (12.31%), Vitamin B6: 0.23mg (11.6%), Folate: 41.11µg (10.28%), Fiber: 1.81g (7.23%), Phosphorus: 65.41mg (6.54%), Potassium: 220.24mg (6.29%), Calcium: 54.35mg (5.43%), Magnesium: 20mg (5%), Iron: 0.85mg (4.7%), Vitamin E: 0.69mg (4.6%), Vitamin B2: 0.06mg (3.56%), Copper: 0.07mg (3.48%), Vitamin B1: 0.05mg (3.43%), Selenium: 2.28µg (3.26%), Vitamin B5: 0.3mg (3.03%), Zinc: 0.44mg (2.94%), Vitamin B3: 0.39mg (1.94%)