



Italian Mixed Salad

 Gluten Free

READY IN



33 min.

SERVINGS



6

CALORIES



257 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 head boston lettuce cut into bite-size pieces
- ☐ 0.8 cup garbanzo beans dry canned rinsed
- ☐ 0.3 head iceberg lettuce cut into bite-size pieces
- ☐ 0.8 cup kidney beans red dry canned rinsed
- ☐ 2 teaspoons olive oil
- ☐ 6 ounces provolone cheese cubed
- ☐ 0.5 head romaine lettuce cut into bite-size pieces
- ☐ 6 servings salt and pepper black freshly ground

- ☐ 2 tomatoes coarsely chopped
- ☐ 12 ounces turkey sausage

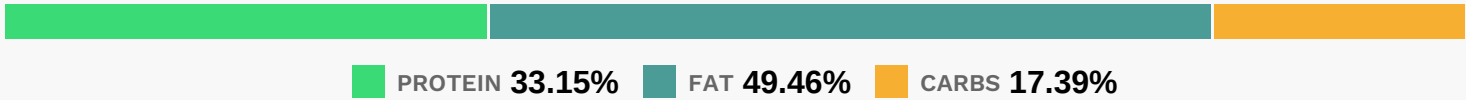
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat the oil in a heavy medium skillet over medium-high heat.
- ☐ Add the sausage and cook until brown and cooked through, breaking the sausage into bite-size pieces, about 5 to 8 minutes.
- ☐ Transfer the sausage to a plate. Cool to room temperature.
- ☐ Chop and combine the lettuce, tomatoes, cheese, and cooked sausage in a large bowl.
- ☐ Add beans and enough vinaigrette to coat. Season the salad with salt and pepper, to taste, and serve.

Nutrition Facts



Properties

Glycemic Index:36.89, Glycemic Load:2.57, Inflammation Score:-10, Nutrition Score:21.345652204493%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 256.55kcal (12.83%), Fat: 14.24g (21.9%), Saturated Fat: 6.24g (39.02%), Carbohydrates: 11.26g (3.75%), Net Carbohydrates: 7.16g (2.6%), Sugar: 2.84g (3.15%), Cholesterol: 62.09mg (20.7%), Sodium: 665.15mg (28.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.47g (42.95%), Vitamin A: 5743.49IU (114.87%), Vitamin K: 78.52µg (74.78%), Phosphorus: 315.45mg (31.54%), Folate: 110.09µg (27.52%), Calcium: 269.25mg (26.93%),

Vitamin B6: 0.47mg (23.6%), Manganese: 0.44mg (21.98%), Zinc: 3.18mg (21.21%), Vitamin B12: 1.15µg (19.18%),
Vitamin B2: 0.3mg (17.56%), Fiber: 4.11g (16.43%), Vitamin B3: 3.27mg (16.36%), Potassium: 566.08mg (16.17%),
Vitamin C: 10.34mg (12.53%), Iron: 2.23mg (12.41%), Magnesium: 46.21mg (11.55%), Vitamin B1: 0.15mg (9.92%),
Vitamin B5: 0.96mg (9.56%), Copper: 0.18mg (8.92%), Selenium: 5.08µg (7.26%), Vitamin E: 0.69mg (4.6%)