



## Italian Salad

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



94 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2.3 oz olives black ripe drained sliced canned
- 1.3 cups large-cut croutons
- 9 oz artichoke hearts frozen thawed
- 1 lb iceberg lettuce
- 0.8 cup parmesan-peppercorn dressing refrigerated
- 0.5 cup pepperoncini salad peppers sliced
- 1 small bell pepper red chopped
- 0.3 cup onion red chopped

# Equipment

bowl

# Directions

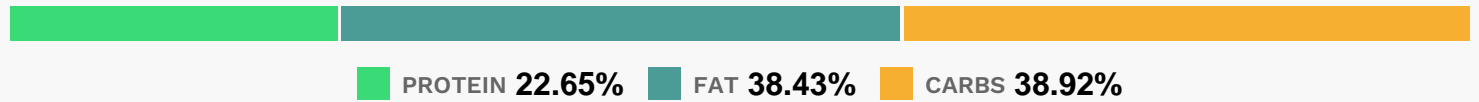
Place lettuce in a 4-qt. bowl. Arrange artichoke hearts and next 5 ingredients over lettuce. Top with dressing; gently toss to combine.

Sprinkle with cracked black pepper, if desired.

Serve immediately.

\*1 (14-oz.) can artichoke hearts, drained, may be substituted.

# Nutrition Facts



# Properties

Glycemic Index:23.75, Glycemic Load:2.93, Inflammation Score:-6, Nutrition Score:7.8617391560389%

# Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

# Nutrients (% of daily need)

Calories: 93.94kcal (4.7%), Fat: 4.24g (6.52%), Saturated Fat: 1.82g (11.4%), Carbohydrates: 9.65g (3.22%), Net Carbohydrates: 6.68g (2.43%), Sugar: 1.99g (2.21%), Cholesterol: 6.38mg (2.13%), Sodium: 329.53mg (14.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.62g (11.23%), Vitamin C: 21.9mg (26.54%), Folate: 71.16µg (17.79%), Vitamin A: 754.37IU (15.09%), Vitamin K: 15.15µg (14.42%), Calcium: 137.86mg (13.79%), Fiber: 2.97g (11.88%), Phosphorus: 106.94mg (10.69%), Manganese: 0.2mg (9.91%), Vitamin B2: 0.12mg (6.86%), Potassium: 223.48mg (6.39%), Vitamin B6: 0.12mg (6.14%), Vitamin B1: 0.09mg (5.99%), Selenium: 4.12µg (5.88%), Magnesium: 21.96mg (5.49%), Iron: 0.79mg (4.36%), Vitamin E: 0.63mg (4.18%), Vitamin B3: 0.84mg (4.18%), Zinc: 0.54mg (3.61%), Copper: 0.06mg (3.12%), Vitamin B5: 0.23mg (2.32%), Vitamin B12: 0.11µg (1.88%)