



Italian-Style Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



3 min.

SERVINGS



3

CALORIES



167 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.7 cup dressing fat-free italian
- 7 ounce roasted pepper strips red
- 20 ounce salad greens italian-style

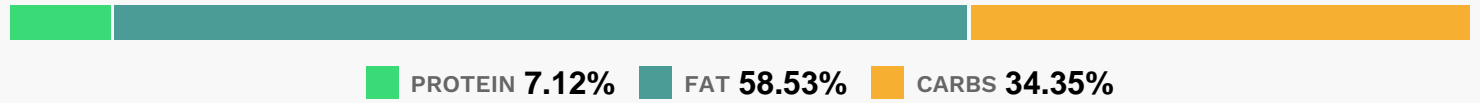
Equipment

Directions

Combine 2 (10-ounce) packages Italian-style salad greens and 1 (7-ounce) jar roasted red pepper strips, drained.

Drizzle with 2/3 cup fat-free Italian dressing.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-9, Nutrition Score:13.897391433301%

Nutrients (% of daily need)

Calories: 167.48kcal (8.37%), Fat: 11.35g (17.46%), Saturated Fat: 1.59g (9.93%), Carbohydrates: 14.98g (4.99%), Net Carbohydrates: 14.19g (5.16%), Sugar: 5.64g (6.27%), Cholesterol: 0mg (0%), Sodium: 1473.28mg (64.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.21%), Vitamin C: 74.82mg (90.69%), Vitamin A: 2509.78IU (50.2%), Vitamin K: 29.24µg (27.85%), Folate: 80.51µg (20.13%), Manganese: 0.4mg (19.99%), Vitamin B6: 0.3mg (15.12%), Potassium: 465.52mg (13.3%), Iron: 1.86mg (10.31%), Copper: 0.19mg (9.52%), Phosphorus: 94.77mg (9.48%), Magnesium: 30.68mg (7.67%), Vitamin E: 1.14mg (7.62%), Vitamin B3: 1.47mg (7.36%), Vitamin B2: 0.11mg (6.73%), Calcium: 58.48mg (5.85%), Vitamin B1: 0.08mg (5.58%), Zinc: 0.55mg (3.68%), Fiber: 0.79g (3.18%), Selenium: 2µg (2.86%), Vitamin B5: 0.25mg (2.52%)