



Italian Tossed Salad

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

10

CALORIES

calories

89 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 lb dandelion leaves
- ☐ 0.5 cup cherry peppers whole red canned stemmed seeded sliced keep small ones
- ☐ 0.5 cup pepperoncini chilies canned stemmed seeded sliced
- ☐ 0.5 lb torn bite-size pieces escarole leaves
- ☐ 0.3 cup basil leaves fresh minced
- ☐ 2 cloves garlic minced
- ☐ 0.5 cup olives green ripe drained

- ☐ 0.5 cup lupini beans canned drained
- ☐ 0.3 cup salt-cured olives black
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 cup parsley minced
- ☐ 6 oz onion red thinly sliced
- ☐ 0.5 cup roasted peppers red prepared peeled thinly sliced
- ☐ 10 servings salt and pepper

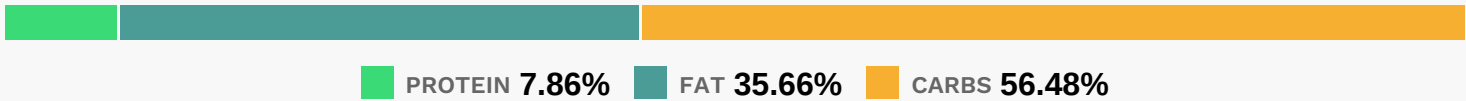
Equipment

- ☐ bowl

Directions

- ☐ In a large shallow salad bowl, combine escarole, dandelion leaves, onion, lupini beans, roasted red peppers, pepperoncini chilies, red cherry peppers, basil, parsley, and garlic.
- ☐ Mix gently with just enough oil to coat greens; add vinegar, salt, and pepper to taste.
- ☐ Garnish with green and black olives.

Nutrition Facts



Properties

Glycemic Index:32.3, Glycemic Load:1, Inflammation Score:-8, Nutrition Score:15.234782602476%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg Kaempferol: 2.43mg, Kaempferol: 2.43mg, Kaempferol: 2.43mg, Kaempferol: 2.43mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 89.16kcal (4.46%), Fat: 4.06g (6.25%), Saturated Fat: 0.69g (4.28%), Carbohydrates: 14.48g (4.83%), Net Carbohydrates: 9.28g (3.37%), Sugar: 1.49g (1.66%), Cholesterol: 0mg (0%), Sodium: 604.64mg (26.29%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.03%), Vitamin K: 90.62µg (86.31%), Manganese: 1.09mg (54.68%), Vitamin C: 27.51mg (33.35%), Iron: 5.59mg (31.08%), Vitamin A: 1551.5IU (31.03%), Fiber: 5.2g (20.79%), Folate: 74.43µg (18.61%), Vitamin B6: 0.29mg (14.31%), Calcium: 130.62mg (13.06%), Magnesium: 27.37mg (6.84%), Potassium: 237.07mg (6.77%), Copper: 0.12mg (6.19%), Vitamin E: 0.76mg (5.09%), Zinc: 0.75mg (4.98%), Vitamin B2: 0.08mg (4.81%), Phosphorus: 36.45mg (3.65%), Vitamin B3: 0.53mg (2.66%), Vitamin B1: 0.04mg (2.63%), Vitamin B5: 0.26mg (2.58%)