



Kid Salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



84 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

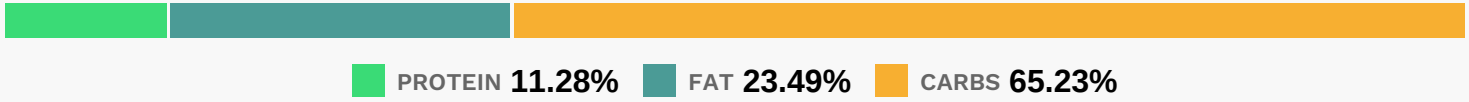
- ☐ 4 cashew pieces canned drained
- ☐ 4 romaine leaves
- ☐ 16 celery stalks
- ☐ 4 large marshmallows
- ☐ 1 serving raisins
- ☐ 2 maraschino cherries
- ☐ 1 serving cheese shredded

Equipment

Directions

- ☐
- For each salad, place 1 peach half, cut side down, on 1 lettuce leaf on plate.
- ☐
- Add celery sticks for arms and legs; marshmallow for head; raisins for eyes, nose, buttons, hands and feet; a piece of maraschino cherry for mouth; and shredded cheese for hair.
- ☐
- Refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:50.88, Glycemic Load:6.81, Inflammation Score:-8, Nutrition Score:4.8343477897022%

Flavonoids

Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 83.72kcal (4.19%), Fat: 2.31g (3.55%), Saturated Fat: 1.06g (6.64%), Carbohydrates: 14.43g (4.81%), Net Carbohydrates: 13.29g (4.83%), Sugar: 5.62g (6.24%), Cholesterol: 5.53mg (1.84%), Sodium: 71.39mg (3.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (4.99%), Vitamin A: 1897.24IU (37.94%), Manganese: 0.14mg (6.81%), Vitamin C: 5.23mg (6.34%), Calcium: 54.6mg (5.46%), Vitamin K: 5.4µg (5.14%), Phosphorus: 50.74mg (5.07%), Potassium: 166.13mg (4.75%), Fiber: 1.14g (4.57%), Folate: 16.04µg (4.01%), Vitamin B2: 0.07mg (3.97%), Copper: 0.07mg (3.62%), Iron: 0.6mg (3.33%), Magnesium: 13.15mg (3.29%), Vitamin B6: 0.06mg (2.96%), Vitamin B1: 0.04mg (2.95%), Selenium: 1.87µg (2.66%), Vitamin B12: 0.16µg (2.66%), Zinc: 0.38mg (2.55%), Vitamin B3: 0.26mg (1.3%)