



Layered Greek Salad for a Crowd

 Vegetarian

READY IN



100 min.

SERVINGS



40

CALORIES



42 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups tightly baby spinach leaves packed
- 0.5 cup lite creamy caesar dressing kraft
- 2 cups shells whole wheat cooled cooked
- 1 cucumber sliced quartered
- 0.3 cup kalamata olives pitted
- 0.5 cup mayo with olive oil reduced fat mayonnaise kraft
- 1 small onion red sliced quartered
- 3.5 oz athenos reduced fat feta cheese crumbled

6 cups romaine lettuce chopped

1 large tomatoes chopped

Equipment

bowl

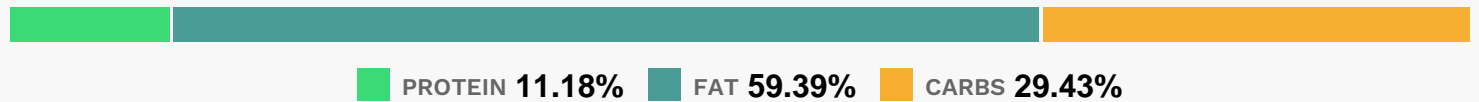
Directions

Combine lettuce and spinach; place half in 6-qt. serving bowl.

Cover with layers of pasta, tomatoes, remaining lettuce, cucumbers and onions.

Mix mayo and dressing; spread over salad. Top with cheese and olives. Refrigerate 1 hour. Toss just before serving.

Nutrition Facts



Properties

Glycemic Index:4.25, Glycemic Load:0.96, Inflammation Score:-5, Nutrition Score:2.9800000021477%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 41.55kcal (2.08%), Fat: 2.84g (4.38%), Saturated Fat: 0.56g (3.52%), Carbohydrates: 3.17g (1.06%), Net Carbohydrates: 2.5g (0.91%), Sugar: 0.76g (0.84%), Cholesterol: 2.92mg (0.97%), Sodium: 96.44mg (4.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.41%), Vitamin K: 20.03µg (19.07%), Vitamin A: 804.54IU (16.09%), Manganese: 0.13mg (6.48%), Folate: 15.27µg (3.82%), Selenium: 1.88µg (2.68%), Fiber: 0.67g (2.68%), Vitamin C: 1.78mg (2.16%), Vitamin E: 0.32mg (2.13%), Potassium: 55.72mg (1.59%), Magnesium: 6.01mg (1.5%), Iron: 0.25mg (1.4%), Copper: 0.03mg (1.36%), Phosphorus: 13.11mg (1.31%), Vitamin B1: 0.02mg (1.28%), Vitamin B6: 0.03mg (1.25%)