



Layered Salad Supreme

 Gluten Free

READY IN



25 min.

SERVINGS



12

CALORIES



111 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 cups lettuce
- ☐ 2.5 cups broccoli florets
- ☐ 2 cups carrots
- ☐ 15 oz garbanzo beans rinsed drained canned
- ☐ 1 small onion red thinly sliced
- ☐ 0.8 cup salad dressing
- ☐ 0.3 cup milk
- ☐ 0.5 cup parmesan cheese grated

☐ 2 tablespoons parsley fresh chopped

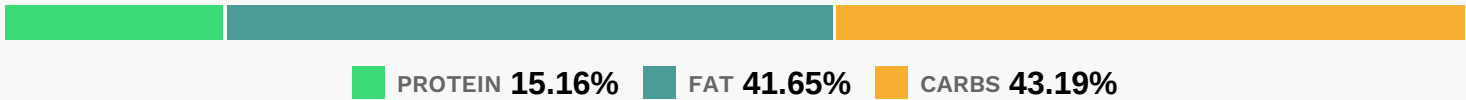
Equipment

☐ bowl

Directions

- ☐ In 3-quart glass bowl with straight sides, layer lettuce, broccoli, carrots, beans and onion slices.
- ☐ In small bowl, mix all dressing ingredients except parsley until well blended.
- ☐ Spread dressing evenly over salad.
- ☐ Sprinkle with parsley.
- ☐ Serve immediately or cover and refrigerate several hours or overnight.

Nutrition Facts



Properties

Glycemic Index:20.68, Glycemic Load:2.71, Inflammation Score:-10, Nutrition Score:12.056521669678%

Flavonoids

Apigenin: 1.48mg, Apigenin: 1.48mg, Apigenin: 1.48mg, Apigenin: 1.48mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 111.34kcal (5.57%), Fat: 5.35g (8.23%), Saturated Fat: 1.32g (8.23%), Carbohydrates: 12.48g (4.16%), Net Carbohydrates: 9.3g (3.38%), Sugar: 4.23g (4.7%), Cholesterol: 4.44mg (1.48%), Sodium: 344.57mg (14.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.77%), Vitamin A: 3946.63IU (78.93%), Vitamin K: 48.67µg (46.35%), Vitamin C: 20.67mg (25.05%), Manganese: 0.42mg (20.95%), Vitamin B6: 0.27mg (13.57%), Fiber: 3.19g (12.75%), Phosphorus: 92.84mg (9.28%), Folate: 36.56µg (9.14%), Calcium: 83.86mg (8.39%), Potassium: 268.75mg (7.68%), Magnesium: 22.47mg (5.62%), Iron: 0.88mg (4.88%), Vitamin E: 0.7mg (4.64%), Selenium: 3.16µg (4.52%), Copper: 0.09mg (4.49%), Zinc: 0.66mg (4.4%), Vitamin B2: 0.07mg (4.37%), Vitamin B1: 0.06mg (4.26%), Vitamin B5: 0.35mg (3.53%), Vitamin B3: 0.46mg (2.31%), Vitamin B12: 0.09µg (1.55%)