



Layered Summer Salad from KRAFT® Shredded Cheese

 **Gluten Free**

READY IN



315 min.

SERVINGS



12

CALORIES



155 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 cups cheese shredded divided kraft
- 0.3 cup basil fresh chopped
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- 2 cups mushrooms fresh sliced
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- 0.5 cup mayonnaise kraft
- 350 gram peas-carrots mix shopping list frozen

- 2 tablespoons oz. bacon into pieces
- 1 small onion red separated sliced
- 0.5 cup cream light sour
- 4 cups pkt spinach fresh
- 2 tomatoes chopped

Equipment

- bowl

Directions

- Layer spinach, 1 cup cheese, mushrooms, onions, tomatoes and peas in 3-L serving bowl.
- Mix mayonnaise, sour cream and basil.
- Spread over salad, completely covering top. Refrigerate 5 hours.
- Sprinkle with remaining cheese and bacon just before serving.

Nutrition Facts

PROTEIN 16.38% **FAT 65.34%** **CARBS 18.28%**

Properties

Glycemic Index:31.5, Glycemic Load:0.79, Inflammation Score:-10, Nutrition Score:13.491739130435%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 155.05kcal (7.75%), Fat: 11.72g (18.03%), Saturated Fat: 3.79g (23.68%), Carbohydrates: 7.38g (2.46%), Net Carbohydrates: 5.43g (1.97%), Sugar: 1.82g (2.03%), Cholesterol: 20mg (6.67%), Sodium: 223.97mg (9.74%), Protein: 6.61g (13.22%), Vitamin A: 4063.5IU (81.27%), Vitamin K: 69.69µg (66.37%), Vitamin B2: 0.23mg (13.6%), Vitamin C: 10.5mg (12.73%), Phosphorus: 116.38mg (11.64%), Manganese: 0.22mg (11.24%), Calcium: 109.62mg (10.96%), Folate: 43.34µg (10.83%), Selenium: 6.37µg (9.1%), Vitamin B3: 1.8mg (9.01%), Potassium: 311.89mg

(8.91%), Copper: 0.17mg (8.25%), Fiber: 1.95g (7.8%), Vitamin B1: 0.11mg (7.35%), Vitamin B12: 0.38µg (6.39%),
Vitamin B5: 0.61mg (6.11%), Zinc: 0.9mg (6%), Vitamin B6: 0.12mg (5.95%), Magnesium: 23.69mg (5.92%), Iron:
0.94mg (5.24%), Vitamin E: 0.69mg (4.59%), Vitamin D: 0.16µg (1.05%)