



Loaded Veggie Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



262 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup almonds toasted sliced
- 2 large avocados chopped
- 0.3 cup balsamic vinegar
- 10 ounce carrots shredded
- 1 large cucumber peeled sliced
- 4 ounce feta cheese with basil and herbs crumbled
- 1 pint grape tomatoes halved
- 8 servings kosher salt to taste

- 14 ounce salad greens mixed
- 8 servings pepper freshly ground to taste
- 0.7 ounce dressing mix italian
- 0.8 cup cranberries dried sweetened
- 2 tablespoons tomato chutney
- 0.5 cup vegetable oil

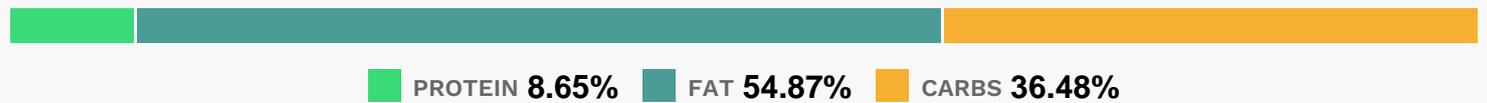
Equipment

- bowl
- whisk

Directions

- Combine first 8 ingredients in a large bowl.
- Sprinkle with salt and pepper.
- Whisk together dressing mix and next 3 ingredients.
- Drizzle over salad, tossing gently to coat. Top with croutons, if desired.
- NOTE: For testing purposes only, we used Good Seasons Italian Dressing
- Mix.

Nutrition Facts



Properties

Glycemic Index:37.1, Glycemic Load:3.1, Inflammation Score:-10, Nutrition Score:18.728260750356%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-

gallate: 0.08mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 261.54kcal (13.08%), Fat: 16.98g (26.12%), Saturated Fat: 3.71g (23.2%), Carbohydrates: 25.4g (8.47%), Net Carbohydrates: 18.7g (6.8%), Sugar: 14.11g (15.67%), Cholesterol: 12.62mg (4.21%), Sodium: 427.2mg (18.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.03g (12.05%), Vitamin A: 7167.05IU (143.34%), Vitamin C: 28.39mg (34.41%), Vitamin K: 30.4µg (28.95%), Fiber: 6.7g (26.82%), Vitamin E: 3.64mg (24.26%), Manganese: 0.48mg (24.1%), Folate: 87.2µg (21.8%), Potassium: 707.86mg (20.22%), Vitamin B2: 0.32mg (18.82%), Vitamin B6: 0.36mg (18%), Phosphorus: 158.69mg (15.87%), Magnesium: 55.32mg (13.83%), Copper: 0.27mg (13.65%), Calcium: 124.77mg (12.48%), Vitamin B5: 1.18mg (11.84%), Vitamin B3: 2.3mg (11.49%), Vitamin B1: 0.14mg (9.45%), Zinc: 1.29mg (8.57%), Iron: 1.37mg (7.6%), Selenium: 2.95µg (4.22%), Vitamin B12: 0.24µg (3.99%)