



## Make Ahead Holiday Salad

 Vegetarian  Gluten Free

READY IN



250 min.

SERVINGS



10

CALORIES



108 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 11 oz artichoke hearts drained cut into chunks canned
- 0.5 cup classic balsamic vinaigrette dressing made with extra virgin olive oil kraft
- 1 cup natural three cheese crumbles kraft
- 2 cups grape tomatoes
- 10 oz salad greens

### Equipment

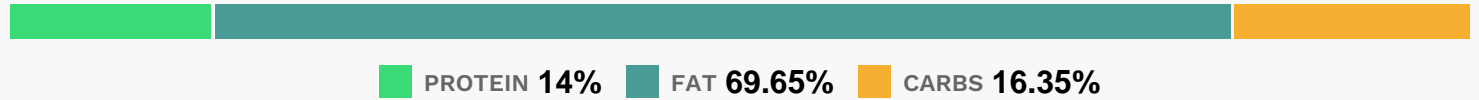
- bowl
- paper towels

plastic wrap

## Directions

- Layer all ingredients except dressing in large clear bowl in the order listed.
- Cover surface with damp paper towels, then cover bowl with plastic wrap.
- Refrigerate several hours or overnight. Toss with dressing just before serving.

## Nutrition Facts



## Properties

Glycemic Index:6.5, Glycemic Load:0.39, Inflammation Score:-5, Nutrition Score:3.9752173916153%

## Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 108.02kcal (5.4%), Fat: 8.28g (12.74%), Saturated Fat: 2.93g (18.3%), Carbohydrates: 4.37g (1.46%), Net Carbohydrates: 3.54g (1.29%), Sugar: 1.48g (1.65%), Cholesterol: 10.13mg (3.38%), Sodium: 385.45mg (16.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.49%), Vitamin A: 673.29IU (13.47%), Vitamin C: 10.66mg (12.92%), Calcium: 79.12mg (7.91%), Phosphorus: 70.45mg (7.05%), Folate: 19.82µg (4.95%), Potassium: 153.95mg (4.4%), Vitamin B2: 0.07mg (4.2%), Manganese: 0.08mg (3.84%), Vitamin B6: 0.07mg (3.45%), Fiber: 0.84g (3.35%), Zinc: 0.47mg (3.13%), Selenium: 2.07µg (2.96%), Vitamin B5: 0.29mg (2.94%), Vitamin B12: 0.16µg (2.74%), Vitamin K: 2.68µg (2.55%), Magnesium: 9.5mg (2.38%), Vitamin B3: 0.47mg (2.35%), Copper: 0.04mg (1.86%), Iron: 0.3mg (1.67%), Vitamin B1: 0.02mg (1.56%), Vitamin E: 0.19mg (1.3%)