



 **55%**
HEALTH SCORE

Mason Jar Salad Shakers

 Vegetarian  Vegan  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



143 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons balsamic vinaigrette
- 3 regular hamburger fresh whole white sliced
- 5 cherry tomatoes
- 1 cup pkt spinach fresh

Equipment

- canning jar

Directions

In 16-oz mason jar, layer ingredients in order listed. Cover with lid. Refrigerate until ready to eat, up to 4 days.

Nutrition Facts

PROTEIN 5.4% **FAT 69.89%** **CARBS 24.71%**

Properties

Glycemic Index:32, Glycemic Load:0.14, Inflammation Score:-9, Nutrition Score:14.811304207729%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 142.55kcal (7.13%), Fat: 11.27g (17.33%), Saturated Fat: 1.04g (6.52%), Carbohydrates: 8.96g (2.99%), Net Carbohydrates: 7.34g (2.67%), Sugar: 3.55g (3.94%), Cholesterol: 0mg (0%), Sodium: 320.15mg (13.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.92%), Vitamin K: 147.33µg (140.32%), Vitamin A: 3260.67IU (65.21%), Vitamin C: 28.19mg (34.17%), Manganese: 0.48mg (23.8%), Folate: 94.78µg (23.69%), Iron: 2.31mg (12.83%), Potassium: 363.77mg (10.39%), Magnesium: 33.9mg (8.48%), Vitamin B6: 0.16mg (7.87%), Vitamin E: 1.11mg (7.37%), Fiber: 1.62g (6.48%), Vitamin B2: 0.1mg (6.02%), Copper: 0.11mg (5.73%), Vitamin B1: 0.08mg (5.2%), Vitamin B3: 0.99mg (4.94%), Calcium: 48.44mg (4.84%), Phosphorus: 48.07mg (4.81%), Zinc: 0.61mg (4.09%), Vitamin B12: 0.1µg (1.6%), Vitamin B5: 0.15mg (1.47%), Selenium: 0.88µg (1.25%)