



HEALTH SCORE

72%

Mason Jar Salad Shakers



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



5 min.

SERVINGS



1

CALORIES



145 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



2 tablespoons balsamic vinaigrette



5 cherry tomatoes



3 mushrooms fresh whole white sliced



1 cup pkt spinach fresh

Equipment

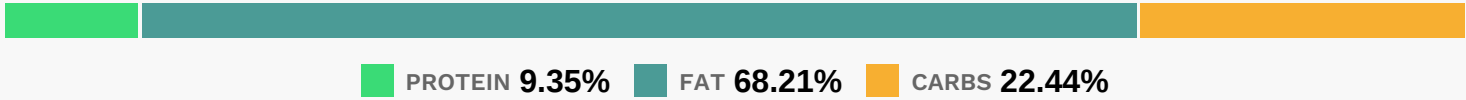


canning jar

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



Properties

Glycemic Index:64, Glycemic Load:0.57, Inflammation Score:-9, Nutrition Score:16.926956693763%

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: 145.4kcal (7.27%), Fat: 11.42g (17.56%), Saturated Fat: 1.06g (6.63%), Carbohydrates: 8.45g (2.82%), Net Carbohydrates: 6.6g (2.4%), Sugar: 4.43g (4.92%), Cholesterol: 0mg (0%), Sodium: 306.05mg (13.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.04%), Vitamin K: 147.28µg (140.27%), Vitamin A: 3228.75IU (64.57%), Vitamin C: 29.07mg (35.24%), Folate: 79.45µg (19.86%), Manganese: 0.39mg (19.33%), Vitamin B2: 0.32mg (18.62%), Potassium: 543.5mg (15.53%), Copper: 0.29mg (14.68%), Vitamin B3: 2.84mg (14.18%), Vitamin B5: 1.03mg (10.27%), Vitamin B6: 0.19mg (9.4%), Iron: 1.69mg (9.39%), Magnesium: 36.75mg (9.19%), Phosphorus: 90.1mg (9.01%), Selenium: 6.3µg (9.01%), Fiber: 1.86g (7.42%), Vitamin E: 1.09mg (7.27%), Vitamin B1: 0.1mg (6.84%), Calcium: 43.85mg (4.38%), Zinc: 0.59mg (3.93%)