



Mediterranean Chop Salad

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



220 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 3 ribs celery sliced
- ☐ 1 large cucumber seedless peeled chopped
- ☐ 12 ounce hearts of romaine rinsed chopped
- ☐ 0.5 cup olives pitted ripe chopped
- ☐ 8 servings parmesan cheese shavings
- ☐ 1 cup roasted red yellow chopped
- ☐ 0.5 cup balsamic vinaigrette salad dressing prepared

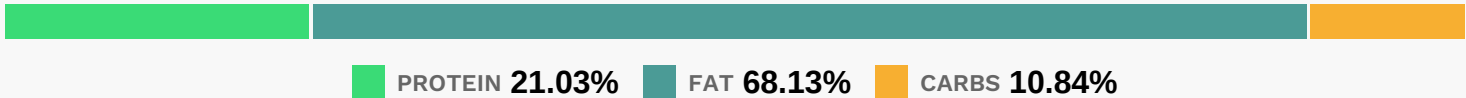
Equipment

☐ bowl

Directions

- ☐ Mix celery, peppers, cucumber, olives and dressing in large serving bowl. Cover and refrigerate until serving time.
- ☐ Toss chopped lettuce, croutons and dressing mixture just before serving.
- ☐ Sprinkle with black pepper and Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:0.34, Inflammation Score:-10, Nutrition Score:16.205652330233%

Flavonoids

Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 220.22kcal (11.01%), Fat: 17.1g (26.32%), Saturated Fat: 6.56g (41%), Carbohydrates: 6.13g (2.04%), Net Carbohydrates: 4.34g (1.58%), Sugar: 2.01g (2.23%), Cholesterol: 20.4mg (6.8%), Sodium: 628.93mg (27.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.88g (23.76%), Vitamin A: 4115.85IU (82.32%), Vitamin K: 70.36µg (67.01%), Vitamin C: 37.39mg (45.32%), Calcium: 388.11mg (38.81%), Phosphorus: 238.52mg (23.85%), Folate: 73.07µg (18.27%), Selenium: 7.48µg (10.68%), Vitamin B2: 0.15mg (9.08%), Vitamin E: 1.22mg (8.11%), Potassium: 272.37mg (7.78%), Manganese: 0.15mg (7.58%), Magnesium: 29.01mg (7.25%), Fiber: 1.79g (7.17%), Zinc: 1.05mg (7.02%), Vitamin B12: 0.36µg (6%), Vitamin B6: 0.12mg (5.95%), Iron: 0.93mg (5.17%), Vitamin B1: 0.06mg (4.18%), Copper: 0.08mg (4.1%), Vitamin B5: 0.36mg (3.65%), Vitamin B3: 0.49mg (2.43%)