



## Mediterranean Marinated Vegetable Salad

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



15

CALORIES



61 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 cup natural three cheese crumbles kraft
- 2 Tbsp basil fresh chopped
- 2 cloves garlic minced
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 0.3 cup onion wedges red
- 2 large tomatoes cut into wedges
- 1 bell pepper green yellow coarsely chopped
- 1 zucchini sliced

# Equipment

bowl

# Directions

- Combine vegetables in large bowl.
- Mix dressing, basil and garlic.
- Add to vegetable mixture; toss to coat.
- Add cheese; mix lightly. Refrigerate 1 hour.

# Nutrition Facts



**PROTEIN 15.95%**   **FAT 62.95%**   **CARBS 21.1%**

# Properties

Glycemic Index:14.47, Glycemic Load:0.47, Inflammation Score:-4, Nutrition Score:3.7273913181346%

# Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

# Nutrients (% of daily need)

Calories: 60.6kcal (3.03%), Fat: 4.35g (6.69%), Saturated Fat: 1.94g (12.11%), Carbohydrates: 3.28g (1.09%), Net Carbohydrates: 2.66g (0.97%), Sugar: 2.17g (2.41%), Cholesterol: 6.75mg (2.25%), Sodium: 183.99mg (8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.96%), Vitamin C: 12.55mg (15.21%), Vitamin K: 11.17µg (10.64%), Vitamin A: 373.52IU (7.47%), Calcium: 56.67mg (5.67%), Phosphorus: 50.24mg (5.02%), Vitamin B6: 0.09mg (4.39%), Manganese: 0.08mg (4.17%), Potassium: 143.09mg (4.09%), Vitamin B2: 0.06mg (3.25%), Folate: 11.9µg (2.97%), Vitamin E: 0.38mg (2.52%), Fiber: 0.62g (2.5%), Zinc: 0.35mg (2.36%), Magnesium: 9.18mg (2.3%), Selenium: 1.56µg (2.23%), Vitamin B5: 0.22mg (2.19%), Copper: 0.04mg (1.85%), Vitamin B12: 0.11µg (1.83%), Vitamin B3: 0.36mg (1.78%), Vitamin B1: 0.03mg (1.72%), Iron: 0.23mg (1.27%)