



## Mediterranean Panzanella Salad

 Vegetarian

READY IN



20 min.

SERVINGS



20

CALORIES



68 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 cup olives black pitted
- 1 cup cucumbers peeled sliced
- 0.5 tsp curry powder
- 6 oz polly-o mozzarella cheese fresh drained chopped
- 1 pita bread toasted cut into bite-size pieces
- 3 radishes sliced
- 0.5 cup classic ranch dressing kraft
- 0.3 cup onions red chopped

10 oz torn salad greens mixed

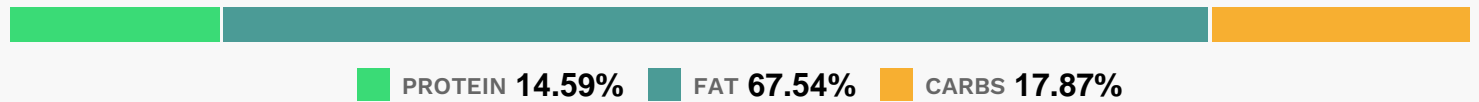
## Equipment

bowl

## Directions

- Mix dressing and curry powder until blended.
- Combine cheese, cucumbers, olives, onions and radishes in large bowl.
- Add dressing mixture; mix lightly.
- Add greens and pita pieces just before serving; toss to coat.

## Nutrition Facts



## Properties

Glycemic Index:10.15, Glycemic Load:1.56, Inflammation Score:-2, Nutrition Score:2.4617391189803%

## Flavonoids

Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Nutrients (% of daily need)

Calories: 68.03kcal (3.4%), Fat: 5.15g (7.92%), Saturated Fat: 1.61g (10.09%), Carbohydrates: 3.07g (1.02%), Net Carbohydrates: 2.79g (1.01%), Sugar: 0.58g (0.64%), Cholesterol: 8.28mg (2.76%), Sodium: 179.2mg (7.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (5.01%), Vitamin K: 8.83µg (8.41%), Calcium: 52.42mg (5.24%), Phosphorus: 51.92mg (5.19%), Vitamin A: 239.42IU (4.79%), Vitamin C: 3.74mg (4.54%), Vitamin B12: 0.2µg (3.4%), Selenium: 1.77µg (2.53%), Manganese: 0.05mg (2.47%), Vitamin B2: 0.04mg (2.47%), Zinc: 0.33mg (2.21%), Folate: 8.39µg (2.1%), Vitamin E: 0.29mg (1.94%), Potassium: 53.6mg (1.53%), Magnesium: 5.84mg (1.46%), Iron: 0.24mg (1.31%), Vitamin B1: 0.02mg (1.27%), Vitamin B6: 0.03mg (1.25%), Copper: 0.02mg (1.21%), Fiber: 0.28g (1.12%), Vitamin B5: 0.11mg (1.08%)