



Mediterranean Salad

 Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



151 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 16 ounces lettuce
- 8 ounces pkt spinach fresh
- 1 small onion red thinly sliced
- 6 ounces olives pitted ripe drained canned
- 0.3 cup salad dressing italian
- 1 jar marinated artichoke undrained (6 to7 ounces)
- 0.3 cup bacon bits
- 0.3 cup feta cheese crumbled

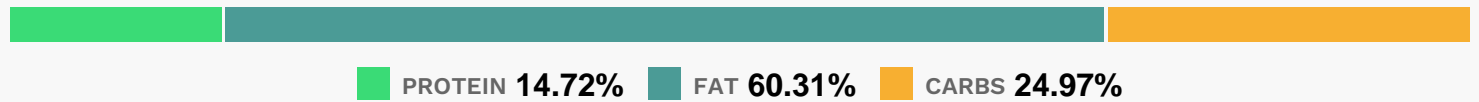
Equipment

bowl

Directions

- Toss lettuce, spinach, onion and olives in large salad bowl; refrigerate.
- Just before serving, toss with dressing and artichoke hearts.
- Sprinkle with bacon flavor bits and cheese.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.78, Inflammation Score:-9, Nutrition Score:14.750434999881%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg

Nutrients (% of daily need)

Calories: 151.13kcal (7.56%), Fat: 10.48g (16.12%), Saturated Fat: 1.92g (11.99%), Carbohydrates: 9.77g (3.26%), Net Carbohydrates: 6.1g (2.22%), Sugar: 2.94g (3.27%), Cholesterol: 4.17mg (1.39%), Sodium: 741.9mg (32.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.75g (11.51%), Vitamin K: 155.14µg (147.75%), Vitamin A: 3261.72IU (65.23%), Folate: 88.71µg (22.18%), Vitamin C: 15.25mg (18.49%), Manganese: 0.35mg (17.32%), Vitamin E: 2.34mg (15.6%), Fiber: 3.67g (14.68%), Magnesium: 40.7mg (10.18%), Calcium: 90.76mg (9.08%), Potassium: 290.51mg (8.3%), Vitamin B1: 0.12mg (8.27%), Iron: 1.41mg (7.82%), Vitamin B2: 0.12mg (7.02%), Copper: 0.14mg (6.9%), Phosphorus: 68.36mg (6.84%), Vitamin B6: 0.13mg (6.73%), Zinc: 0.59mg (3.94%), Vitamin B12: 0.2µg (3.29%), Selenium: 2.18µg (3.11%), Vitamin B3: 0.56mg (2.78%), Vitamin B5: 0.14mg (1.37%)