

Mixed Greens Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



70 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 cups baby salad greens mixed
- ☐ 0.3 cup radishes thinly sliced
- ☐ 3 tablespoons bottled vinaigrette dressing italian
- ☐ 1 cup summer squash yellow shaved (such as zucchini and squash)

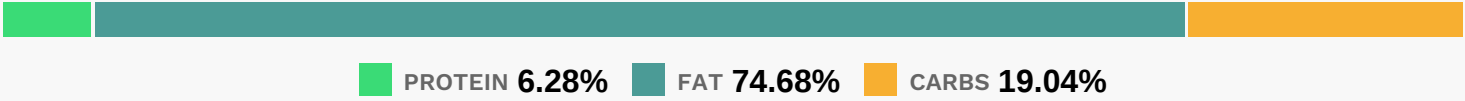
Equipment

- ☐ bowl

Directions

☐ Combine greens, squash, radishes, and vinaigrette in a large bowl; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.26, Inflammation Score:-6, Nutrition Score:4.7943478304407%

Flavonoids

Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg

Nutrients (% of daily need)

Calories: 69.55kcal (3.48%), Fat: 6.11g (9.41%), Saturated Fat: 1.11g (6.96%), Carbohydrates: 3.51g (1.17%), Net Carbohydrates: 3.04g (1.11%), Sugar: 1.1g (1.22%), Cholesterol: 0mg (0%), Sodium: 20.06mg (0.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.32%), Vitamin C: 20.15mg (24.43%), Vitamin A: 738.78IU (14.78%), Vitamin K: 12.83µg (12.22%), Folate: 32.81µg (8.2%), Manganese: 0.14mg (7.22%), Vitamin B6: 0.12mg (5.82%), Potassium: 200.7mg (5.73%), Vitamin B2: 0.07mg (4.35%), Vitamin E: 0.59mg (3.91%), Phosphorus: 36.07mg (3.61%), Magnesium: 12.37mg (3.09%), Iron: 0.51mg (2.83%), Vitamin B3: 0.49mg (2.46%), Copper: 0.05mg (2.46%), Vitamin B1: 0.03mg (2.18%), Fiber: 0.47g (1.86%), Zinc: 0.23mg (1.57%), Calcium: 14.45mg (1.45%), Vitamin B5: 0.13mg (1.32%)