



Mixed Greens with Fried Cheese

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



154 kcal

SIDE DISH

Ingredients

- ☐ 2.5 ounce monterrey jack cheese (from 8-ounce block)
- ☐ 0.3 cup breadcrumbs dry italian-style
- ☐ 0.3 cup salad dressing italian
- ☐ 2 tablespoons salad dressing italian
- ☐ 6 cups the salad mixed

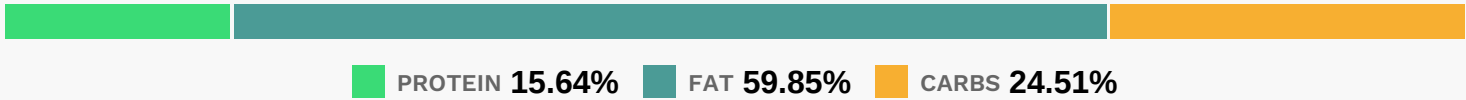
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cut cheese block crosswise into twelve 1/4-inch-thick slices, 2 1/2x1 inch.
- ☐ Place 2 tablespoons dressing and the bread crumbs in separate small shallow bowls. Dip cheese slices into dressing, then coat completely with bread crumbs.
- ☐ Spray 10-inch nonstick skillet with cooking spray; heat over medium heat. Cook cheese slices in skillet 1 to 2 minutes, gently turning once, until light golden brown and cheese is warm. Do not overcook or cheese will melt.
- ☐ Toss salad greens and 1/4 cup dressing; divide among 4 plates. Top each salad with 3 pieces of cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.03, Inflammation Score:-6, Nutrition Score:6.4673912395602%

Nutrients (% of daily need)

Calories: 154.4kcal (7.72%), Fat: 10.34g (15.91%), Saturated Fat: 4.11g (25.7%), Carbohydrates: 9.54g (3.18%), Net Carbohydrates: 9.23g (3.36%), Sugar: 2.85g (3.17%), Cholesterol: 15.77mg (5.26%), Sodium: 386.68mg (16.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.08g (12.16%), Vitamin C: 14.01mg (16.98%), Vitamin A: 825.66IU (16.51%), Calcium: 155.15mg (15.52%), Vitamin K: 13.03µg (12.41%), Phosphorus: 116.46mg (11.65%), Folate: 32.61µg (8.15%), Manganese: 0.16mg (7.95%), Vitamin B2: 0.13mg (7.43%), Selenium: 4.94µg (7.06%), Vitamin B1: 0.09mg (6.02%), Zinc: 0.77mg (5.14%), Iron: 0.89mg (4.93%), Potassium: 149mg (4.26%), Vitamin B6: 0.08mg (4.2%), Vitamin B3: 0.82mg (4.11%), Magnesium: 15.37mg (3.84%), Vitamin E: 0.53mg (3.51%), Copper: 0.06mg (2.85%), Vitamin B12: 0.17µg (2.84%), Vitamin B5: 0.15mg (1.46%), Fiber: 0.3g (1.22%)