



## Mixed Greens with Parmesan Crisps

 **Gluten Free**

READY IN



**26 min.**

SERVINGS



**8**

CALORIES



**180 kcal**

**SIDE DISH**

### Ingredients

- 8 cups baby salad greens
- 0.5 cup caesar vinaigrette dressing kraft
- 2 tsp rosemary fresh finely chopped
- 1 cup parmesan cheese shredded kraft
- 0.5 cup grapes red seedless halved
- 0.5 cup planters walnuts toasted coarsely chopped

### Equipment

- baking sheet

- oven
- wire rack

## Directions

- Heat oven to 400F.
- Combine cheese and rosemary. Spoon 1 Tbsp. onto baking sheet sprayed with cooking spray; spread to flatten. Repeat to make 16 crisps, allowing 1 inch between each.
- Bake 6 min. or until golden brown, turning after 5 min. Cool on wire rack.
- Cover 8 plates with greens; top with grapes, nuts and dressing.
- Serve with Parmesan crisps.

## Nutrition Facts

 **PROTEIN 13.18%**  **FAT 76.49%**  **CARBS 10.33%**

## Properties

Glycemic Index:11.63, Glycemic Load:0.96, Inflammation Score:-5, Nutrition Score:6.3882609100445%

## Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

## Nutrients (% of daily need)

Calories: 180.12kcal (9.01%), Fat: 15.88g (24.43%), Saturated Fat: 3.94g (24.6%), Carbohydrates: 4.83g (1.61%), Net Carbohydrates: 4.23g (1.54%), Sugar: 2.14g (2.38%), Cholesterol: 8.5mg (2.83%), Sodium: 211.19mg (9.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.31%), Vitamin K: 17.23µg (16.41%), Calcium: 161.86mg (16.19%), Manganese: 0.32mg (15.97%), Phosphorus: 129.65mg (12.97%), Vitamin C: 9.72mg (11.78%), Vitamin A: 564.83IU (11.3%), Copper: 0.15mg (7.64%), Folate: 23.22µg (5.81%), Magnesium: 22.27mg (5.57%), Vitamin E: 0.82mg (5.45%), Selenium: 3.59µg (5.13%), Vitamin B2: 0.08mg (4.67%), Vitamin B6: 0.09mg (4.57%), Zinc: 0.66mg (4.41%), Potassium: 132.99mg (3.8%), Iron: 0.61mg (3.41%), Vitamin B1: 0.05mg (3.23%), Vitamin B12: 0.15µg (2.5%), Fiber: 0.6g (2.4%), Vitamin B3: 0.36mg (1.78%), Vitamin B5: 0.15mg (1.52%)