



## Mixed Greens with Vinegar Salad Dressing

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



22 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon garlic salt
- 1 tablespoon catsup
- 0.3 teaspoon pepper
- 8 cups torn salad greens
- 2 tablespoons sugar
- 0.3 cup vinegar white
- 0.3 teaspoon worcestershire sauce

### Equipment

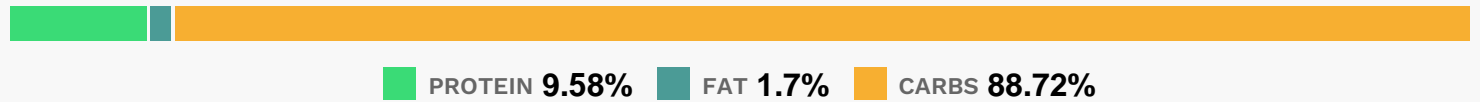
bowl

## Directions

Combine first 6 ingredients in a bowl; stir well.

Serve dressing over greens.

## Nutrition Facts



## Properties

Glycemic Index:19.01, Glycemic Load:2.1, Inflammation Score:-4, Nutrition Score:1.896956515053%

## Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 21.58kcal (1.08%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 4.87g (1.62%), Net Carbohydrates: 4.85g (1.76%), Sugar: 3.42g (3.8%), Cholesterol: 0mg (0%), Sodium: 102.72mg (4.47%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.53g (1.05%), Vitamin C: 9.38mg (11.37%), Vitamin A: 464.51IU (9.29%), Folate: 14.99µg (3.75%), Manganese: 0.07mg (3.67%), Potassium: 76.63mg (2.19%), Vitamin B6: 0.04mg (1.76%), Phosphorus: 16.62mg (1.66%), Iron: 0.28mg (1.55%), Vitamin B2: 0.02mg (1.41%), Vitamin B3: 0.25mg (1.24%), Magnesium: 4.86mg (1.21%), Copper: 0.02mg (1.18%)