



## Pizza Bread Salad

READY IN



15 min.

SERVINGS



8

CALORIES



722 kcal

SIDE DISH

### Ingredients

- 0.5 cup salad dressing fat-free italian
- 1 tablespoon basil dried fresh chopped
- 10 oz baby greens
- 8 inch uncook pizza crust italian cut into 1-inch pieces (from 10-oz package)
- 2 oz turkey pepperoni chopped
- 1 cup tomatoes coarsely chopped
- 4 oz mozzarella cheese cut into 1/2-inch cubes

### Equipment

bowl

## Directions

- In small bowl, mix dressing and basil; set aside.
- In large bowl, toss remaining ingredients.
- Pour dressing over salad mixture; toss to coat well.
- Serve immediately.

## Nutrition Facts

 **PROTEIN 14.8%**  **FAT 21.87%**  **CARBS 63.33%**

## Properties

Glycemic Index:8.13, Glycemic Load:0.27, Inflammation Score:-9, Nutrition Score:12.396956430829%

## Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

## Nutrients (% of daily need)

Calories: 721.89kcal (36.09%), Fat: 17.51g (26.94%), Saturated Fat: 7.72g (48.25%), Carbohydrates: 114.05g (38.02%), Net Carbohydrates: 109.48g (39.81%), Sugar: 6.06g (6.74%), Cholesterol: 19.92mg (6.64%), Sodium: 1569.03mg (68.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.66g (53.31%), Vitamin A: 3350IU (67%), Vitamin K: 54.92µg (52.3%), Iron: 7.28mg (40.46%), Calcium: 305.53mg (30.55%), Fiber: 4.57g (18.28%), Folate: 53.81µg (13.45%), Phosphorus: 68.85mg (6.89%), Manganese: 0.13mg (6.7%), Zinc: 0.88mg (5.85%), Potassium: 199.75mg (5.71%), Vitamin B12: 0.32µg (5.39%), Vitamin C: 4.03mg (4.89%), Vitamin B2: 0.07mg (4.32%), Magnesium: 17.04mg (4.26%), Selenium: 2.86µg (4.09%), Vitamin E: 0.55mg (3.66%), Vitamin B6: 0.06mg (3.12%), Copper: 0.06mg (2.85%), Vitamin B1: 0.04mg (2.67%), Vitamin B3: 0.28mg (1.4%)