



## Romaine Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



127 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 12 cherry tomatoes halved
- ☐ 0.5 cup dressing fat-free french
- ☐ 1 purple onion
- ☐ 4 cups romaine lettuce shredded

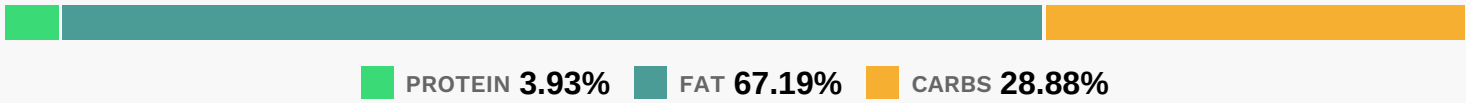
## Equipment

## Directions

- ☐
- Combine 4 cups shredded romaine lettuce, 12 cherry tomatoes, halved, and 1 purple onion, sliced.

☐

Nutrition Facts



Properties

Glycemic Index:5.4, Glycemic Load:0.45, Inflammation Score:-9, Nutrition Score:10.263913092406%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 127.29kcal (6.36%), Fat: 9.95g (15.31%), Saturated Fat: 1.55g (9.7%), Carbohydrates: 9.63g (3.21%), Net Carbohydrates: 7.58g (2.76%), Sugar: 6.75g (7.5%), Cholesterol: 0mg (0%), Sodium: 173.63mg (7.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.62%), Vitamin A: 3590.91IU (71.82%), Vitamin K: 70.02µg (66.69%), Folate: 60.62µg (15.15%), Vitamin C: 12.43mg (15.07%), Vitamin E: 1.53mg (10.21%), Fiber: 2.05g (8.2%), Potassium: 240.94mg (6.88%), Manganese: 0.13mg (6.74%), Vitamin B6: 0.1mg (4.86%), Iron: 0.77mg (4.27%), Vitamin B1: 0.06mg (4.09%), Phosphorus: 35.33mg (3.53%), Vitamin B2: 0.06mg (3.29%), Magnesium: 12.89mg (3.22%), Copper: 0.06mg (3.11%), Calcium: 28.71mg (2.87%), Vitamin B3: 0.42mg (2.09%), Zinc: 0.21mg (1.41%), Vitamin B5: 0.13mg (1.33%)