



## Salad with Artichokes

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



72 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 14 ounce artichoke hearts drained canned
- 1 teaspoon garlic powder
- 1 teaspoon pepper black
- 4 cups the salad mixed
- 3 tablespoons parmesan cheese grated
- 0.5 onion red sliced
- 0.5 cup red wine vinegar
- 1 teaspoon lawry's seasoned salt

0.5 cup vegetable oil

## Equipment

bowl

whisk

mixing bowl

## Directions

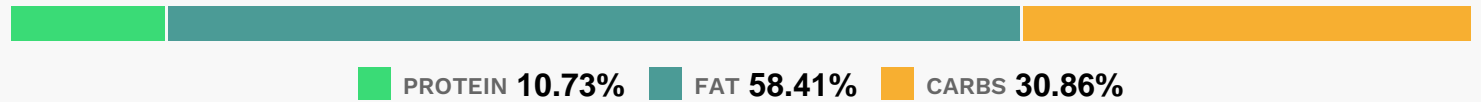
In a large bowl, combine the mixed greens, onion, and artichoke hearts.

In a medium-size mixing bowl, whisk together the oil, vinegar, seasoned salt, pepper, and garlic.

Pour enough dressing over salad to coat, and toss well.

Sprinkle with grated cheese, and serve.

## Nutrition Facts



## Properties

Glycemic Index:10.67, Glycemic Load:0.25, Inflammation Score:-3, Nutrition Score:2.6678260649028%

## Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

## Nutrients (% of daily need)

Calories: 72.12kcal (3.61%), Fat: 4.38g (6.73%), Saturated Fat: 0.95g (5.96%), Carbohydrates: 5.2g (1.73%), Net Carbohydrates: 3.9g (1.42%), Sugar: 0.91g (1.02%), Cholesterol: 2.17mg (0.73%), Sodium: 684.83mg (29.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.62%), Vitamin C: 6.97mg (8.45%), Vitamin K: 7.31µg (6.96%), Vitamin A: 326.57IU (6.53%), Manganese: 0.11mg (5.54%), Fiber: 1.3g (5.22%), Phosphorus: 33.1mg (3.31%), Calcium: 30.98mg (3.1%), Folate: 12.05µg (3.01%), Potassium: 82.09mg (2.35%), Vitamin B6: 0.04mg (2.18%), Vitamin E: 0.32mg (2.12%), Iron: 0.35mg (1.96%), Selenium: 1.16µg (1.66%), Magnesium: 6.49mg (1.62%), Vitamin B2: 0.03mg (1.51%), Zinc: 0.21mg (1.37%), Copper: 0.03mg (1.36%), Vitamin B1: 0.02mg (1.03%)