



Salsa-Topped Salad

 Vegetarian  Gluten Free

READY IN



2 min.

SERVINGS



4

CALORIES



54 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 ounce iceberg lettuce shredded
- 0.5 cup heavy whipping cream sour reduced-fat
- 0.3 cup salsa

Equipment

Directions

Place 1 1/2 cups lettuce on serving plates. Top each serving with 2 tablespoons sour cream and 1 tablespoon salsa.

Nutrition Facts



PROTEIN 13.16% FAT 50.11% CARBS 36.73%

Properties

Glycemic Index:8, Glycemic Load:0.4, Inflammation Score:-4, Nutrition Score:3.8813043469968%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 53.73kcal (2.69%), Fat: 3.18g (4.89%), Saturated Fat: 1.91g (11.96%), Carbohydrates: 5.24g (1.75%), Net Carbohydrates: 4.1g (1.49%), Sugar: 2.08g (2.31%), Cholesterol: 10.06mg (3.35%), Sodium: 137.55mg (5.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.76%), Vitamin K: 17.91µg (17.05%), Vitamin A: 528.09IU (10.56%), Folate: 24.37µg (6.09%), Potassium: 202.81mg (5.79%), Calcium: 57.84mg (5.78%), Manganese: 0.11mg (5.35%), Fiber: 1.14g (4.57%), Phosphorus: 39.79mg (3.98%), Vitamin B2: 0.06mg (3.38%), Vitamin B6: 0.06mg (3.21%), Vitamin C: 2.55mg (3.09%), Vitamin B1: 0.05mg (3.08%), Vitamin E: 0.41mg (2.75%), Magnesium: 10.27mg (2.57%), Iron: 0.38mg (2.11%), Vitamin B12: 0.12µg (2.01%), Zinc: 0.28mg (1.88%), Copper: 0.03mg (1.64%), Selenium: 1.11µg (1.58%), Vitamin B3: 0.29mg (1.45%)