



## Sandwich Salad

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



129 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 cup croutons
- 9 oz oscar mayer deli combos the classic fresh cut into strips
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 2 oz mozzarella cheese cut into 1/2-inch cubes kraft ()
- 1 bell pepper green red cut into strips
- 10 oz torn salad greens
- 1 tomatoes sliced

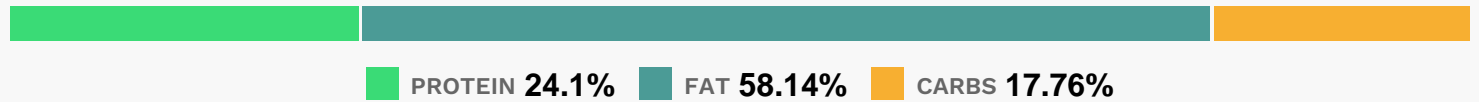
## Equipment

bowl

## Directions

- Toss salad greens with all remaining ingredients except dressing in large bowl.
- Add dressing just before serving; mix lightly.

## Nutrition Facts



## Properties

Glycemic Index:14.7, Glycemic Load:1.67, Inflammation Score:-5, Nutrition Score:6.2886956930161%

## Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg 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: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

## Nutrients (% of daily need)

Calories: 128.55kcal (6.43%), Fat: 8.29g (12.75%), Saturated Fat: 2.68g (16.73%), Carbohydrates: 5.69g (1.9%), Net Carbohydrates: 5.19g (1.89%), Sugar: 1.94g (2.15%), Cholesterol: 20.3mg (6.77%), Sodium: 484.37mg (21.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.73g (15.46%), Vitamin C: 17.88mg (21.67%), Vitamin B1: 0.2mg (13.06%), Selenium: 8.23µg (11.76%), Vitamin A: 511.1IU (10.22%), Phosphorus: 96.27mg (9.63%), Vitamin B6: 0.17mg (8.33%), Vitamin K: 8.56µg (8.15%), Vitamin B3: 1.61mg (8.04%), Zinc: 0.89mg (5.92%), Vitamin B2: 0.1mg (5.91%), Potassium: 189.61mg (5.42%), Vitamin B12: 0.29µg (4.88%), Manganese: 0.09mg (4.71%), Folate: 18.65µg (4.66%), Calcium: 40.33mg (4.03%), Iron: 0.65mg (3.62%), Magnesium: 13.16mg (3.29%), Vitamin E: 0.47mg (3.14%), Copper: 0.06mg (2.91%), Fiber: 0.5g (2.01%), Vitamin B5: 0.19mg (1.94%), Vitamin D: 0.2µg (1.34%)