



Seven-Layer Italian Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



55 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup celery thinly sliced
- ☐ 1 medium cucumber sliced
- ☐ 2 teaspoons dijon mustard
- ☐ 1 teaspoon garlic fresh minced
- ☐ 0.8 cup green onions sliced
- ☐ 0.3 teaspoon hot sauce
- ☐ 3 cups iceberg lettuce shredded
- ☐ 1 teaspoon penzey's southwest seasoning dried italian

- ☐ 2 ounces nonfat mozzarella cheese shredded
- ☐ 0.5 teaspoon pepper
- ☐ 1 medium size bell pepper sweet red cut into strips
- ☐ 0.3 cup red wine vinegar
- ☐ 2 cups teardrop tomatoes red yellow halved
- ☐ 1 tablespoon vegetable oil
- ☐ 0.3 cup water
- ☐ 1 medium size bell pepper sweet yellow cut into 1/2-inch pieces

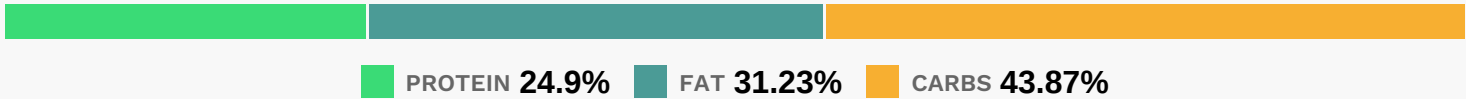
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Layer first 7 ingredients in a 3-quart bowl.
- ☐ Combine vinegar and next 7 ingredients in a small bowl, stirring with a wire whisk.
- ☐ Pour vinegar mixture over vegetable layers.
- ☐ Sprinkle with cheese. Cover and chill.
- ☐ Garnish with red pepper rings, if desired.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:1.03, Inflammation Score:-8, Nutrition Score:10.089130354964%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 54.9kcal (2.75%), Fat: 2.03g (3.12%), Saturated Fat: 0.31g (1.93%), Carbohydrates: 6.41g (2.14%), Net Carbohydrates: 4.24g (1.54%), Sugar: 3.01g (3.34%), Cholesterol: 1.28mg (0.43%), Sodium: 88.39mg (3.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.27%), Vitamin C: 55.41mg (67.17%), Vitamin K: 40.12µg (38.21%), Vitamin A: 1149.71IU (22.99%), Calcium: 101.38mg (10.14%), Manganese: 0.2mg (10%), Folate: 39.62µg (9.9%), Fiber: 2.17g (8.67%), Potassium: 300.94mg (8.6%), Phosphorus: 83.15mg (8.31%), Vitamin B6: 0.15mg (7.58%), Vitamin E: 0.78mg (5.19%), Magnesium: 20.14mg (5.03%), Vitamin B2: 0.08mg (4.43%), Copper: 0.09mg (4.34%), Iron: 0.75mg (4.17%), Vitamin B1: 0.06mg (3.85%), Zinc: 0.56mg (3.76%), Vitamin B3: 0.66mg (3.31%), Selenium: 2.05µg (2.93%), Vitamin B5: 0.24mg (2.38%), Vitamin B12: 0.07µg (1.09%)