



## Shelly's Super Salad

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



658 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 cucumber diced cleaned
- 4 eggs
- 8 ounces mushrooms fresh sliced
- 1 head iceberg lettuce dried rinsed chopped
- 1 onion diced red
- 2 cups dressing fat free italian-style
- 1 bunch spinach - dried fresh rinsed
- 0.3 cup melba toast crumbled

2 tomatoes chopped

## Equipment

bowl

sauce pan

## Directions

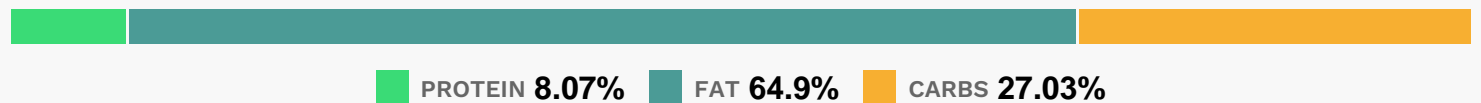
Place eggs in a saucepan and cover completely with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes.

Remove from hot water, cool, peel and chop.

In a large salad bowl, combine the lettuce, spinach, tomatoes, red onion, mushrooms, eggs and cucumbers.

Pour enough salad dressing to coat; toss and serve with fat-free croutons or melba toast.

## Nutrition Facts



## Properties

Glycemic Index:44, Glycemic Load:2.92, Inflammation Score:-10, Nutrition Score:34.973478317261%

## Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 5.86mg, Kaempferol: 5.86mg, Kaempferol: 5.86mg, Kaempferol: 5.86mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 11.23mg, Quercetin: 11.23mg, Quercetin: 11.23mg, Quercetin: 11.23mg

## Nutrients (% of daily need)

Calories: 658.12kcal (32.91%), Fat: 48.41g (74.47%), Saturated Fat: 8.21g (51.33%), Carbohydrates: 45.36g (15.12%), Net Carbohydrates: 39.51g (14.37%), Sugar: 34.75g (38.61%), Cholesterol: 214.96mg (71.65%), Sodium: 1230.76mg (53.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.54g (27.08%), Vitamin K: 536.25µg (510.71%), Vitamin A: 9530.09IU (190.6%), Folate: 267.17µg (66.79%), Manganese: 1.28mg (63.85%), Vitamin C: 42.46mg (51.47%), Vitamin E: 6.65mg (44.35%), Vitamin B2: 0.74mg (43.5%), Selenium: 26.85µg (38.36%), Potassium: 1240.66mg (35.45%), Phosphorus: 298.36mg (29.84%), Magnesium: 109.96mg (27.49%), Iron: 4.8mg (26.69%), Vitamin B6: 0.49mg (24.35%), Copper: 0.48mg (24.14%), Fiber: 5.85g (23.42%), Vitamin B5: 2.14mg (21.41%),

Vitamin B1: 0.3mg (19.86%), Vitamin B3: 3.47mg (17.36%), Calcium: 172.32mg (17.23%), Zinc: 2.01mg (13.42%),  
Vitamin B12: 0.53µg (8.79%), Vitamin D: 0.99µg (6.62%)