



Simple Balsamic Salad for Two

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



22 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 Tbsp balsamic vinaigrette dressing kraft
- 0.5 cup grape tomatoes
- 0.3 cup mozzarella cheese cubed kraft ()
- 2 cups torn salad greens mixed

Equipment

- bowl

Directions

- Toss greens with tomatoes and cheese in bowl.
- Add dressing; mix lightly.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:0.91130435175222%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 22.02kcal (1.1%), Fat: 1.75g (2.69%), Saturated Fat: 0.47g (2.94%), Carbohydrates: 0.81g (0.27%), Net Carbohydrates: 0.72g (0.26%), Sugar: 0.32g (0.36%), Cholesterol: 2.21mg (0.74%), Sodium: 47.01mg (2.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.57%), Vitamin C: 2.88mg (3.49%), Vitamin A: 171.87IU (3.44%), Calcium: 16.22mg (1.62%), Phosphorus: 14.82mg (1.48%), Folate: 4.27µg (1.07%), Vitamin B12: 0.06µg (1.06%), Manganese: 0.02mg (1.05%)