



Simply Greens

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



135 kcal

SIDE DISH

Ingredients

- 4 tablespoons feta cheese crumbled
- 8 cups torn lettuce
- 0.3 cup balsamic vinaigrette salad dressing

Equipment

Directions

- Combine 8 cups torn lettuce and 1/4 cup vinaigrette; toss.

Sprinkle each serving with 1 tablespoon crumbled feta cheese; sprinkle with freshly ground pepper, if desired.

Nutrition Facts

PROTEIN 10.5% **FAT 74.42%** **CARBS 15.08%**

Properties

Glycemic Index:14.75, Glycemic Load:0.99, Inflammation Score:-6, Nutrition Score:7.8356521414674%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 135.37kcal (6.77%), Fat: 11.68g (17.98%), Saturated Fat: 3.71g (23.18%), Carbohydrates: 5.33g (1.78%), Net Carbohydrates: 3.6g (1.31%), Sugar: 3.23g (3.59%), Cholesterol: 15.13mg (5.04%), Sodium: 208.36mg (9.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.42%), Vitamin K: 50.45µg (48.05%), Vitamin A: 794.62IU (15.89%), Folate: 47.2µg (11.8%), Calcium: 109.73mg (10.97%), Vitamin B2: 0.18mg (10.56%), Manganese: 0.18mg (9.24%), Phosphorus: 86.09mg (8.61%), Fiber: 1.73g (6.91%), Vitamin E: 1.01mg (6.73%), Vitamin B6: 0.13mg (6.63%), Potassium: 214.83mg (6.14%), Vitamin B1: 0.09mg (5.68%), Vitamin C: 4.03mg (4.89%), Vitamin B12: 0.29µg (4.79%), Zinc: 0.71mg (4.7%), Selenium: 2.94µg (4.21%), Iron: 0.7mg (3.89%), Magnesium: 13.31mg (3.33%), Vitamin B5: 0.3mg (2.95%), Copper: 0.04mg (2.07%), Vitamin B3: 0.35mg (1.73%)