



Spanish Olive Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



95 kcal

SIDE DISH

Ingredients

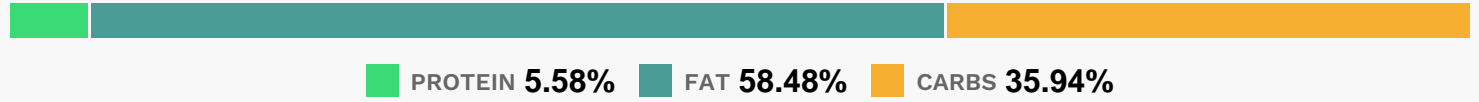
- 1.5 heads red-leaf lettuce red packed (8 cups tightly)
- 2 large cranberry-orange relish peeled sliced
- 0.3 cup marinated artichoke assorted pitted
- 0.5 small onion red thinly sliced into rings (1/2 cup)
- 0.5 cup balsamic vinaigrette

Equipment

Directions

- Divide lettuce among 8 salad plates. Top with orange slices, olives and onion rings.
- Just before serving, drizzle dressing over salads.

Nutrition Facts



Properties

Glycemic Index:8.69, Glycemic Load:1.98, Inflammation Score:-10, Nutrition Score:11.728695724321%

Flavonoids

Cyanidin: 1.82mg, Cyanidin: 1.82mg, Cyanidin: 1.82mg, Cyanidin: 1.82mg Hesperetin: 12.53mg, Hesperetin: 12.53mg, Hesperetin: 12.53mg, Hesperetin: 12.53mg Naringenin: 7.05mg, Naringenin: 7.05mg, Naringenin: 7.05mg, Naringenin: 7.05mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

Nutrients (% of daily need)

Calories: 95.15kcal (4.76%), Fat: 6.35g (9.77%), Saturated Fat: 0.6g (3.75%), Carbohydrates: 8.78g (2.93%), Net Carbohydrates: 6.87g (2.5%), Sugar: 5.45g (6.05%), Cholesterol: 0mg (0%), Sodium: 179.18mg (7.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.72%), Vitamin A: 4527.65IU (90.55%), Vitamin K: 81.14µg (77.28%), Vitamin C: 28.87mg (35%), Folate: 35.96µg (8.99%), Fiber: 1.91g (7.64%), Manganese: 0.14mg (6.9%), Potassium: 201.64mg (5.76%), Vitamin B1: 0.08mg (5.35%), Vitamin B6: 0.09mg (4.69%), Iron: 0.82mg (4.53%), Calcium: 42.24mg (4.22%), Vitamin B2: 0.06mg (3.82%), Magnesium: 12.24mg (3.06%), Phosphorus: 24.66mg (2.47%), Vitamin B5: 0.21mg (2.07%), Copper: 0.04mg (1.98%), Vitamin B3: 0.32mg (1.62%), Selenium: 1.13µg (1.62%), Vitamin E: 0.17mg (1.14%), Zinc: 0.16mg (1.07%)