



Spanish Olive Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



94 kcal

SIDE DISH

Ingredients

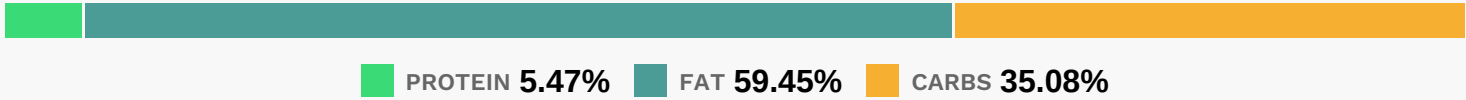
- ☐ 0.5 cup balsamic vinaigrette
- ☐ 1.5 heads red-leaf lettuce red packed (8 cups tightly)
- ☐ 0.3 cup olives assorted pitted
- ☐ 2 large cranberry-orange relish peeled sliced
- ☐ 0.5 small onion red thinly sliced into rings (1/2 cup)

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:11.691739170448%

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: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg 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: 94.14kcal (4.71%), Fat: 6.46g (9.94%), Saturated Fat: 0.63g (3.95%), Carbohydrates: 8.58g (2.86%), Net Carbohydrates: 6.65g (2.42%), Sugar: 5.39g (5.99%), Cholesterol: 0mg (0%), Sodium: 235.26mg (10.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.67%), Vitamin A: 4466.42IU (89.33%), Vitamin K: 81.22µg (77.35%), Vitamin C: 27.12mg (32.88%), Folate: 36.13µg (9.03%), Fiber: 1.93g (7.71%), Manganese: 0.14mg (6.9%), Potassium: 204mg (5.83%), Vitamin B1: 0.08mg (5.43%), Vitamin B6: 0.1mg (4.78%), Calcium: 43.5mg (4.35%), Iron: 0.78mg (4.35%), Vitamin B2: 0.07mg (3.84%), Magnesium: 12.86mg (3.21%), Vitamin E: 0.39mg (2.57%), Phosphorus: 24.88mg (2.49%), Copper: 0.05mg (2.32%), Vitamin B5: 0.21mg (2.08%), Selenium: 1.18µg (1.69%), Vitamin B3: 0.34mg (1.69%), Zinc: 0.16mg (1.08%)