



Spicy Italian Salad

 Gluten Free

READY IN



270 min.

SERVINGS



6

CALORIES



104 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 ounce artichoke hearts drained quartered canned
- 0.3 cup olives black
- 0.5 cup canola oil
- 1 carrots grated
- 0.5 cucumber sliced
- 0.5 teaspoon mustard dry
- 1 teaspoon thyme leaves fresh chopped
- 2 cloves garlic minced

- 0.3 cup olives green pitted
- 6 servings ground pepper black to taste
- 1 bell pepper red cut into strips
- 1 onion red thinly sliced
- 5 cups romaine lettuce dried rinsed chopped
- 2 tablespoons romano cheese grated
- 0.3 cup tarragon vinegar
- 1 tablespoon sugar white

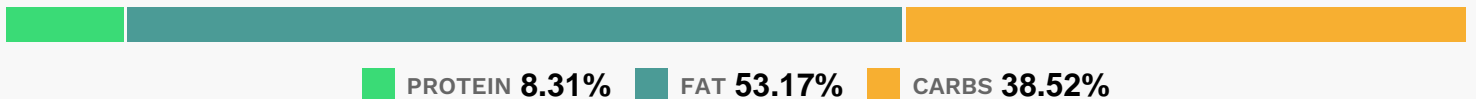
Equipment

- bowl

Directions

- In a medium container with a lid, mix canola oil, tarragon vinegar, sugar, thyme, dry mustard, and garlic. Cover, and shake until well blended.
- Place artichoke hearts into the mixture, cover, and marinate in the refrigerator 4 hours, or overnight.
- In a large bowl, toss together lettuce, red bell pepper, carrot, red onion, black olives, green olives, cucumber, and Romano cheese. Season with pepper.
- Pour in the artichoke and marinade mixture, and toss to coat.

Nutrition Facts



Properties

Glycemic Index:62.49, Glycemic Load:2.54, Inflammation Score:-10, Nutrition Score:12.495652069054%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.67mg, Quercetin:

4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg

Nutrients (% of daily need)

Calories: 103.98kcal (5.2%), Fat: 6.24g (9.61%), Saturated Fat: 0.84g (5.23%), Carbohydrates: 10.18g (3.39%), Net Carbohydrates: 7.1g (2.58%), Sugar: 5.29g (5.88%), Cholesterol: 1.73mg (0.58%), Sodium: 347.79mg (15.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.39%), Vitamin A: 5816.86IU (116.34%), Vitamin K: 47.38µg (45.12%), Vitamin C: 30.57mg (37.05%), Folate: 72.23µg (18.06%), Fiber: 3.08g (12.31%), Vitamin E: 1.54mg (10.26%), Manganese: 0.19mg (9.34%), Vitamin B6: 0.15mg (7.74%), Potassium: 246.97mg (7.06%), Calcium: 53.88mg (5.39%), Phosphorus: 48.14mg (4.81%), Vitamin B1: 0.07mg (4.56%), Magnesium: 17.55mg (4.39%), Iron: 0.76mg (4.24%), Vitamin B2: 0.07mg (4.17%), Copper: 0.07mg (3.69%), Vitamin B5: 0.25mg (2.49%), Vitamin B3: 0.5mg (2.49%), Zinc: 0.32mg (2.11%), Selenium: 1.22µg (1.75%)