



Spinach, Tomato & Basil Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



9 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup cucumber chunks peeled
- 2 Tbsp basil fresh chopped
- 0.3 cup low-moisture part-skim mozzarella cheese shredded kraft
- 2 slices onion red thin
- 1.5 cups tightly torn spinach fresh packed
- 0.3 cup sun tomato vinaigrette dressing dried kraft
- 2 small tomatoes cut into large chunks

Equipment

Directions

- Toss spinach with all remaining ingredients except dressing.
- Add dressing; mix lightly.
- Refrigerate 30 min.

Nutrition Facts



Properties

Glycemic Index:4.04, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:0.82173912688766%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 9.27kcal (0.46%), Fat: 0.81g (1.25%), Saturated Fat: 0.19g (1.2%), Carbohydrates: 0.34g (0.11%), Net Carbohydrates: 0.25g (0.09%), Sugar: 0.2g (0.22%), Cholesterol: 0.4mg (0.13%), Sodium: 4.92mg (0.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.48%), Vitamin K: 7.8µg (7.43%), Vitamin A: 146.3IU (2.93%), Vitamin C: 0.98mg (1.19%)