



Summer Antipasto Salad with Balsamic Vinaigrette



Gluten Free



Very Healthy

READY IN



30 min.

SERVINGS



12

CALORIES



162 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 0.5 cup olive oil
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 teaspoons sugar
- ☐ 0.5 teaspoon salt
- ☐ 4 cups the of 1 cos lettuce shredded
- ☐ 8 oz roasted chicken cooked sliced cut into bite-sized strips

- ☐ 8 oz summer savory sliced cut in half
- ☐ 4 oz mozzarella cheese sliced cut into bite-sized strips
- ☐ 4 cups cauliflower florets fresh
- ☐ 2 small cucumber sliced
- ☐ 2 medium tomatoes sliced cut in half and , if desired
- ☐ 2 cups bell pepper green red yellow coarsely chopped

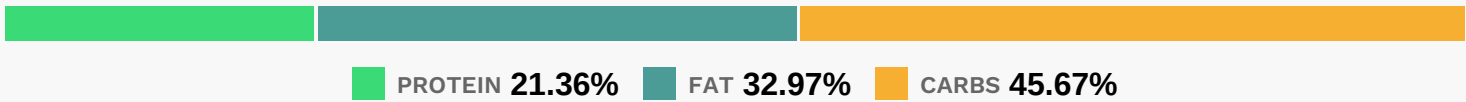
Equipment

- ☐ bowl

Directions

- ☐ In small bowl, mix all vinaigrette ingredients.
- ☐ Arrange lettuce on large serving platter. Arrange chicken, salami, cheese, cauliflower, cucumbers, tomatoes and bell peppers over lettuce.
- ☐ Drizzle vinaigrette over salad.

Nutrition Facts



Properties

Glycemic Index:22.84, Glycemic Load:2.1, Inflammation Score:-9, Nutrition Score:23.340000194052%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 2.71mg, Apigenin: 2.71mg, Apigenin: 2.71mg, Apigenin: 2.71mg Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 162.41kcal (8.12%), Fat: 6.56g (10.09%), Saturated Fat: 2.53g (15.82%), Carbohydrates: 20.43g (6.81%), Net Carbohydrates: 9.91g (3.6%), Sugar: 4.68g (5.2%), Cholesterol: 21.64mg (7.21%), Sodium: 191.59mg (8.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.56g (19.12%), Manganese: 1.32mg (66.2%), Vitamin C: 51.42mg (62.33%), Vitamin A: 2792.66IU (55.85%), Calcium: 478.33mg (47.83%), Vitamin K: 48.38µg (46.08%), Iron: 8.09mg (44.93%), Fiber: 10.53g (42.11%), Vitamin B6: 0.58mg (29.03%), Magnesium: 94.1mg (23.53%), Potassium: 534.19mg

(15.26%), Vitamin B3: 2.76mg (13.8%), Phosphorus: 133.73mg (13.37%), Folate: 53.06µg (13.26%), Copper: 0.24mg (11.77%), Zinc: 1.64mg (10.91%), Selenium: 7.42µg (10.6%), Vitamin B1: 0.15mg (9.94%), Vitamin B2: 0.1mg (6.11%), Vitamin B5: 0.55mg (5.53%), Vitamin B12: 0.27µg (4.5%), Vitamin E: 0.54mg (3.63%)