



Three Cheese Green Salad

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



401 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon pepper black freshly ground
- ☐ 1 cup feta cheese crumbled
- ☐ 1 tablespoon penzey's southwest seasoning italian
- ☐ 1 large head lettuce – dried rinsed
- ☐ 0.5 cup olive oil
- ☐ 1 cup parmesan cheese shredded
- ☐ 1 cup pecans toasted
- ☐ 1 cup swiss cheese cubed

☐ 0.5 cup balsamic vinegar white

Equipment

☐ bowl

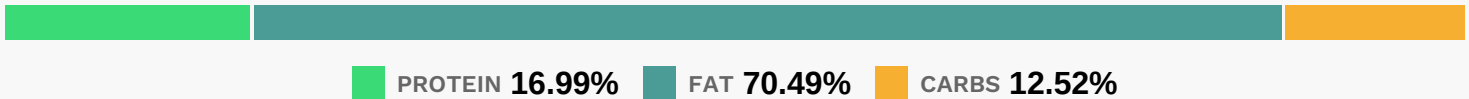
☐ whisk

Directions

☐ Combine lettuce, Swiss cheese, feta cheese, Parmesan cheese and pecans in a large bowl. In a small bowl, whisk together oil, vinegar, Italian seasoning, and pepper.

☐ Add dressing to salad and toss well.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:3.21, Inflammation Score:-7, Nutrition Score:18.384782791138%

Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 400.71kcal (20.04%), Fat: 32.18g (49.51%), Saturated Fat: 11.01g (68.78%), Carbohydrates: 12.86g (4.29%), Net Carbohydrates: 9g (3.27%), Sugar: 6.55g (7.28%), Cholesterol: 50.32mg (16.77%), Sodium: 603.25mg (26.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.45g (34.9%), Manganese: 1.18mg (59.15%), Calcium: 539.66mg (53.97%), Vitamin K: 40.93µg (38.98%), Phosphorus: 385.58mg (38.56%), Vitamin B2: 0.38mg (22.48%), Vitamin A: 1046.57IU (20.93%), Zinc: 3.03mg (20.19%), Selenium: 13.82µg (19.74%), Vitamin B12: 1.17µg (19.43%), Fiber: 3.86g (15.44%), Copper: 0.3mg (14.77%), Vitamin B1: 0.22mg (14.74%), Magnesium: 55.32mg (13.83%), Folate: 53.42µg (13.35%), Vitamin B6: 0.24mg (11.82%), Iron: 1.88mg (10.42%), Potassium: 343.15mg (9.8%), Vitamin E:

1.35mg (9.01%), Vitamin B5: 0.69mg (6.87%), Vitamin C: 3.74mg (4.54%), Vitamin B3: 0.72mg (3.61%), Vitamin D:
0.18µg (1.22%)