



Top Your Own! Pizza Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



144 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup garlic-flavored croutons
- 10 oz torn salad greens
- 0.5 cup viva dressing italian kraft
- 1 tomatoes sliced
- 8 slices suggested toppings shredded green chopped kraft

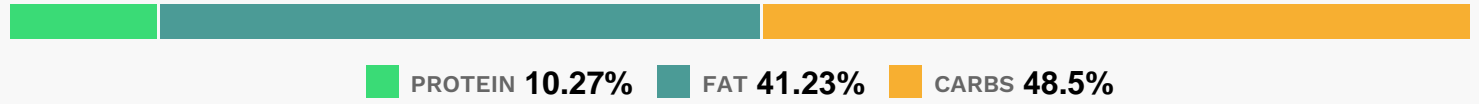
Equipment

- bowl

Directions

- Toss greens with croutons and tomatoes in large bowl.
- Add dressing; mix lightly.
- Place suggested toppings in serving bowls. Pass to serve with the salad.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:3.49, Inflammation Score:-7, Nutrition Score:10.464347914023%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 144.03kcal (7.2%), Fat: 6.93g (10.66%), Saturated Fat: 1.18g (7.35%), Carbohydrates: 18.33g (6.11%), Net Carbohydrates: 17.25g (6.27%), Sugar: 4.34g (4.82%), Cholesterol: 1.58mg (0.53%), Sodium: 329.98mg (14.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.77%), Vitamin C: 31.38mg (38.04%), Manganese: 0.72mg (35.87%), Vitamin B6: 0.52mg (26.12%), Vitamin A: 1088.43IU (21.77%), Vitamin K: 19.5µg (18.57%), Potassium: 357.32mg (10.21%), Phosphorus: 98.53mg (9.85%), Calcium: 87.75mg (8.77%), Selenium: 6.04µg (8.63%), Copper: 0.16mg (8.05%), Folate: 32µg (8%), Vitamin B1: 0.11mg (7.14%), Iron: 1.19mg (6.63%), Vitamin E: 0.84mg (5.6%), Magnesium: 21.55mg (5.39%), Vitamin B2: 0.08mg (4.96%), Zinc: 0.67mg (4.5%), Fiber: 1.08g (4.33%), Vitamin B3: 0.85mg (4.26%), Vitamin B5: 0.32mg (3.18%)