



Tossed Italian Garden Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



60 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup basil leaves fresh chopped
- 0.8 cup lite house dressing italian kraft
- 2 cups mushrooms sliced
- 2 plum tomatoes chopped
- 0.3 cup onion red chopped
- 10 cups torn romaine lettuce
- 1 small zucchini sliced

Equipment

Directions

Toss greens, vegetables and basil with dressing.

Nutrition Facts

PROTEIN 9.68% **FAT 55.87%** **CARBS 34.45%**

Properties

Glycemic Index:18.2, Glycemic Load:0.39, Inflammation Score:-10, Nutrition Score:10.636521748874%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 60.49kcal (3.02%), Fat: 4g (6.15%), Saturated Fat: 0.56g (3.52%), Carbohydrates: 5.54g (1.85%), Net Carbohydrates: 4.02g (1.46%), Sugar: 3.64g (4.04%), Cholesterol: 0mg (0%), Sodium: 181.48mg (7.89%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.56g (3.12%), Vitamin A: 4258.67IU (85.17%), Vitamin K: 62.04µg (59.08%), Folate: 73.04µg (18.26%), Vitamin C: 6.57mg (7.96%), Potassium: 259.75mg (7.42%), Vitamin B2: 0.12mg (7.27%), Manganese: 0.13mg (6.72%), Fiber: 1.52g (6.09%), Copper: 0.1mg (5.22%), Vitamin B6: 0.1mg (5.05%), Vitamin B3: 1mg (5%), Vitamin B1: 0.06mg (4.32%), Phosphorus: 42.21mg (4.22%), Vitamin B5: 0.4mg (3.95%), Iron: 0.7mg (3.9%), Vitamin E: 0.54mg (3.57%), Selenium: 2.37µg (3.39%), Magnesium: 13.46mg (3.37%), Calcium: 23.49mg (2.35%), Zinc: 0.29mg (1.94%)