



Tossed Salad with Mushrooms



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



104 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 cups the salad mixed
- ☐ 1 pint cherry tomatoes halved
- ☐ 8 oz marinated mushrooms drained
- ☐ 5 tablespoons olive oil
- ☐ 0.5 teaspoon oregano
- ☐ 0.1 teaspoon pepper
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.5 teaspoon salt

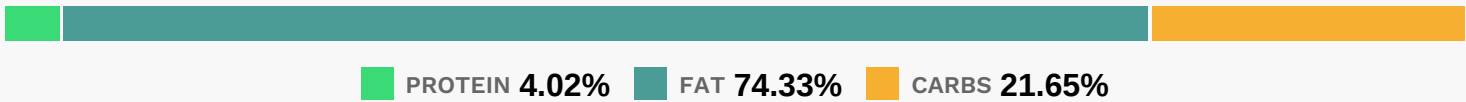
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together vinegar, salt, pepper, oregano and olive oil.
- ☐ Place greens, tomatoes and mushrooms in a large salad bowl and toss with dressing.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:0.01, Inflammation Score:-6, Nutrition Score:4.7621739662212%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 103.62kcal (5.18%), Fat: 8.85g (13.61%), Saturated Fat: 1.22g (7.64%), Carbohydrates: 5.8g (1.93%), Net Carbohydrates: 5.33g (1.94%), Sugar: 1.48g (1.64%), Cholesterol: 0mg (0%), Sodium: 208.32mg (9.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.16%), Vitamin C: 22.79mg (27.62%), Vitamin A: 745.93IU (14.92%), Vitamin E: 1.61mg (10.76%), Vitamin K: 7.75µg (7.38%), Manganese: 0.13mg (6.66%), Potassium: 201.31mg (5.75%), Folate: 22.79µg (5.7%), Iron: 0.77mg (4.28%), Vitamin B6: 0.08mg (4.01%), Copper: 0.07mg (3.3%), Phosphorus: 32.7mg (3.27%), Vitamin B3: 0.54mg (2.7%), Magnesium: 10.27mg (2.57%), Vitamin B1: 0.03mg (2.24%), Vitamin B2: 0.03mg (1.98%), Fiber: 0.48g (1.9%), Calcium: 14.24mg (1.42%), Vitamin B5: 0.13mg (1.26%), Zinc: 0.17mg (1.15%)