



## Tuscan Bread Salad

READY IN



15 min.

SERVINGS



8

CALORIES



145 kcal

SIDE DISH

### Ingredients

- 2 cups torn arugula
- 1 cup cucumbers chopped
- 3 cups bread italian cubed toasted
- 0.8 cup dressing italian kraft
- 0.5 cup parmesan cheese shredded kraft
- 2 tomatoes seeded chopped

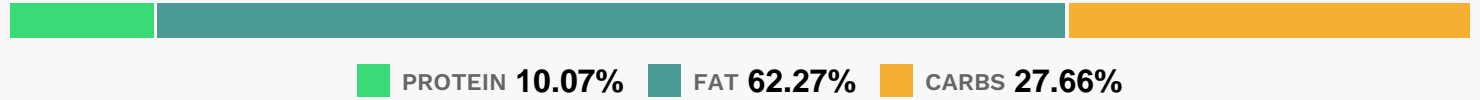
### Equipment

- bowl

## Directions

- Combine all ingredients except dressing in large bowl.
- Add dressing just before serving; toss to coat.

## Nutrition Facts



## Properties

Glycemic Index:14, Glycemic Load:0.44, Inflammation Score:-4, Nutrition Score:4.3543478023747%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

## Nutrients (% of daily need)

Calories: 144.74kcal (7.24%), Fat: 10.09g (15.52%), Saturated Fat: 3.71g (23.17%), Carbohydrates: 10.09g (3.36%), Net Carbohydrates: 9.15g (3.33%), Sugar: 6.81g (7.57%), Cholesterol: 4.25mg (1.42%), Sodium: 361.07mg (15.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.35%), Vitamin K: 21.52µg (20.5%), Calcium: 90.27mg (9.03%), Vitamin A: 443.51IU (8.87%), Vitamin C: 5.58mg (6.77%), Phosphorus: 64.04mg (6.4%), Folate: 18.84µg (4.71%), Potassium: 160.98mg (4.6%), Vitamin E: 0.69mg (4.59%), Fiber: 0.93g (3.73%), Vitamin B3: 0.72mg (3.61%), Manganese: 0.07mg (3.57%), Magnesium: 13.36mg (3.34%), Iron: 0.52mg (2.9%), Vitamin B6: 0.06mg (2.83%), Vitamin B1: 0.04mg (2.69%), Selenium: 1.88µg (2.68%), Vitamin B2: 0.04mg (2.62%), Zinc: 0.31mg (2.08%), Copper: 0.04mg (2%), Vitamin B12: 0.08µg (1.25%), Vitamin B5: 0.12mg (1.17%)