



## Tuscan Summer Salad

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



41 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 12 cherry tomatoes halved
- 2 ears corn on the cob cooled
- 10 oz torn greens mixed italian
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 0.3 cup parmesan cheese shredded kraft

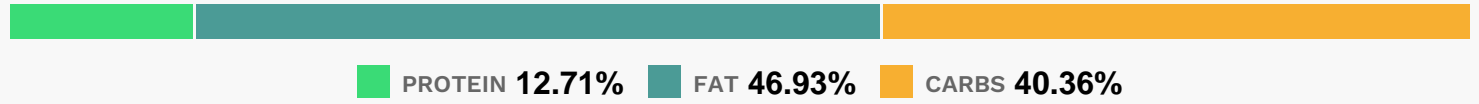
## Equipment

- bowl

## Directions

- Toss greens with corn and tomatoes in large bowl.
- Add dressing; mix lightly.
- Sprinkle with cheese.

## Nutrition Facts



## Properties

Glycemic Index:1.8, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:2.4660869796315%

## Flavonoids

Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 41.13kcal (2.06%), Fat: 2.27g (3.5%), Saturated Fat: 0.55g (3.42%), Carbohydrates: 4.4g (1.47%), Net Carbohydrates: 4.06g (1.48%), Sugar: 1.95g (2.17%), Cholesterol: 1.13mg (0.38%), Sodium: 112.69mg (4.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.77%), Vitamin C: 8.33mg (10.1%), Vitamin A: 319.48IU (6.39%), Vitamin K: 4.83µg (4.6%), Folate: 13.92µg (3.48%), Phosphorus: 34.6mg (3.46%), Manganese: 0.06mg (3.22%), Potassium: 102.67mg (2.93%), Calcium: 24.94mg (2.49%), Magnesium: 8.87mg (2.22%), Vitamin B6: 0.04mg (2.18%), Vitamin B1: 0.03mg (2.09%), Vitamin B3: 0.4mg (2.02%), Vitamin E: 0.26mg (1.73%), Iron: 0.31mg (1.71%), Vitamin B2: 0.02mg (1.45%), Copper: 0.03mg (1.41%), Vitamin B5: 0.13mg (1.34%), Fiber: 0.34g (1.34%), Zinc: 0.17mg (1.1%), Selenium: 0.75µg (1.07%)