



Zesty Crouton Salad

 Gluten Free

READY IN



10 min.

SERVINGS



5

CALORIES



76 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 cups croutons
- 8 basil fresh thinly sliced
- 0.5 teaspoon garlic minced
- 2 cups grape tomatoes halved
- 1 tablespoon olive oil
- 2 tablespoons red wine vinegar
- 4 pieces individual string cheese sticks cut into 1/2-inch pieces

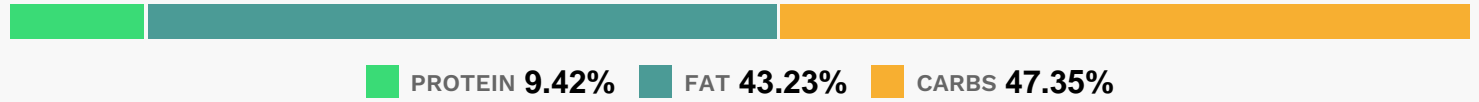
Equipment

bowl

Directions

In a large bowl, combine all ingredients.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:5.07, Inflammation Score:-4, Nutrition Score:3.8899999986524%

Flavonoids

Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 76.13kcal (3.81%), Fat: 3.69g (5.68%), Saturated Fat: 0.64g (4%), Carbohydrates: 9.09g (3.03%), Net Carbohydrates: 7.9g (2.87%), Sugar: 1.57g (1.75%), Cholesterol: 0.43mg (0.14%), Sodium: 72.7mg (3.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.62%), Vitamin A: 530.37IU (10.61%), Vitamin C: 8.4mg (10.19%), Vitamin K: 9.06µg (8.62%), Manganese: 0.13mg (6.4%), Folate: 21.26µg (5.32%), Vitamin B1: 0.08mg (5.26%), Selenium: 3.42µg (4.89%), Vitamin E: 0.73mg (4.87%), Fiber: 1.19g (4.76%), Potassium: 157.87mg (4.51%), Vitamin B3: 0.85mg (4.26%), Iron: 0.6mg (3.31%), Vitamin B6: 0.05mg (2.74%), Copper: 0.05mg (2.69%), Phosphorus: 25.95mg (2.6%), Magnesium: 10.07mg (2.52%), Vitamin B2: 0.04mg (2.15%), Calcium: 15.43mg (1.54%), Zinc: 0.19mg (1.28%)