



Zesty Italian Spring Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



126 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups torn arugula
- 1 cup pickled jalapeños and carrots chopped
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 2 cups torn leaf lettuce green
- 2 cups torn leaf lettuce red
- 0.8 cup onions sliced
- 1 cup mozzarella cheese shredded kraft

Equipment

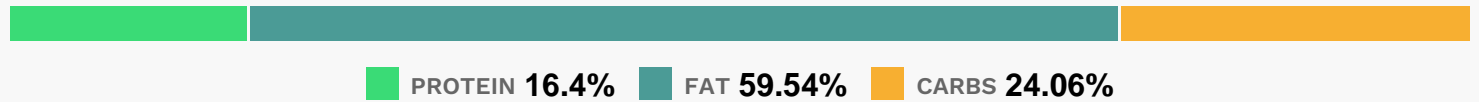
bowl

Directions

Toss first 6 ingredients in large bowl.

Add dressing; toss lightly.

Nutrition Facts



Properties

Glycemic Index:22.14, Glycemic Load:1.29, Inflammation Score:-10, Nutrition Score:11.473913006161%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.58mg, Isorhamnetin: 1.58mg, Isorhamnetin: 1.58mg, Isorhamnetin: 1.58mg Kaempferol: 4.84mg, Kaempferol: 4.84mg, Kaempferol: 4.84mg, Kaempferol: 4.84mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg

Nutrients (% of daily need)

Calories: 126.09kcal (6.3%), Fat: 8.5g (13.08%), Saturated Fat: 3.06g (19.15%), Carbohydrates: 7.73g (2.58%), Net Carbohydrates: 6.34g (2.31%), Sugar: 4.58g (5.09%), Cholesterol: 14.75mg (4.92%), Sodium: 336.32mg (14.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.54%), Vitamin A: 5601.84IU (112.04%), Vitamin K: 57.01µg (54.3%), Calcium: 137.19mg (13.72%), Phosphorus: 95.31mg (9.53%), Manganese: 0.16mg (7.99%), Vitamin C: 6.27mg (7.6%), Folate: 30.01µg (7.5%), Vitamin B12: 0.43µg (7.09%), Potassium: 218.04mg (6.23%), Vitamin B2: 0.1mg (5.81%), Selenium: 3.94µg (5.63%), Fiber: 1.39g (5.56%), Vitamin B6: 0.1mg (5.14%), Zinc: 0.75mg (4.98%), Vitamin E: 0.71mg (4.71%), Magnesium: 18.22mg (4.55%), Iron: 0.65mg (3.61%), Vitamin B1: 0.05mg (3.54%), Vitamin B5: 0.2mg (1.97%), Vitamin B3: 0.39mg (1.97%), Copper: 0.04mg (1.97%)