



## Zesty Three-Cheese Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



9

CALORIES



97 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 cup natural three cheese crumbles kraft
- 2 cups cherry tomatoes cut in half
- 1 cup cucumbers sliced cut in half
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 10 oz torn romaine lettuce

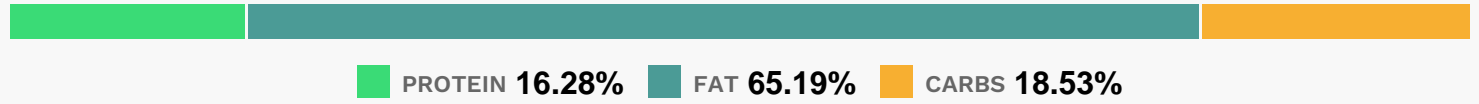
### Equipment

- bowl

## Directions

- Combine lettuce, tomatoes and cucumbers in large bowl.
- Add dressing just before serving; toss to coat.
- Top with cheese.

## Nutrition Facts



## Properties

Glycemic Index:4.67, Glycemic Load:0.13, Inflammation Score:-9, Nutrition Score:8.7982608753702%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

## Nutrients (% of daily need)

Calories: 97.37kcal (4.87%), Fat: 7.21g (11.1%), Saturated Fat: 3.21g (20.06%), Carbohydrates: 4.61g (1.54%), Net Carbohydrates: 3.62g (1.32%), Sugar: 2.89g (3.21%), Cholesterol: 11.25mg (3.75%), Sodium: 308.6mg (13.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.11%), Vitamin A: 3035.31IU (60.71%), Vitamin K: 41.95µg (39.95%), Folate: 54.61µg (13.65%), Vitamin C: 9.33mg (11.31%), Calcium: 97mg (9.7%), Phosphorus: 81.83mg (8.18%), Potassium: 219.45mg (6.27%), Vitamin B2: 0.09mg (5.26%), Manganese: 0.1mg (4.99%), Vitamin B6: 0.09mg (4.51%), Fiber: 1g (3.99%), Selenium: 2.74µg (3.92%), Vitamin B5: 0.38mg (3.82%), Vitamin E: 0.55mg (3.69%), Zinc: 0.55mg (3.68%), Iron: 0.64mg (3.58%), Magnesium: 13.27mg (3.32%), Vitamin B1: 0.05mg (3.08%), Vitamin B12: 0.18µg (3.05%), Copper: 0.06mg (2.95%), Vitamin B3: 0.45mg (2.25%)