



## Zesty Tuscan Salad

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



40 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

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

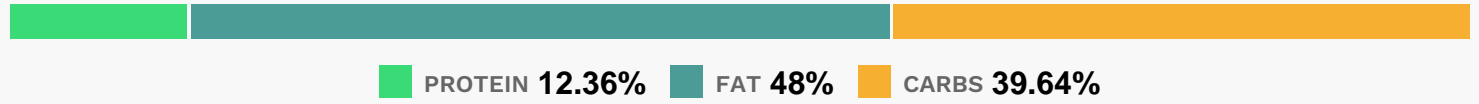
### Equipment

- bowl

## Directions

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

## Nutrition Facts



## Properties

Glycemic Index:1.8, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:2.2160869640825%

## Flavonoids

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

## Nutrients (% of daily need)

Calories: 40.22kcal (2.01%), Fat: 2.27g (3.49%), Saturated Fat: 0.55g (3.42%), Carbohydrates: 4.22g (1.41%), Net Carbohydrates: 3.88g (1.41%), Sugar: 1.95g (2.17%), Cholesterol: 1.13mg (0.38%), Sodium: 111.22mg (4.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.63%), Vitamin C: 7.02mg (8.51%), Vitamin A: 255.07IU (5.1%), Vitamin K: 4.83µg (4.6%), Phosphorus: 32.39mg (3.24%), Folate: 11.82µg (2.95%), Manganese: 0.06mg (2.8%), Potassium: 92.92mg (2.65%), Calcium: 24.21mg (2.42%), Magnesium: 8.24mg (2.06%), Vitamin B1: 0.03mg (1.98%), Vitamin B6: 0.04mg (1.95%), Vitamin B3: 0.37mg (1.86%), Vitamin E: 0.26mg (1.73%), Iron: 0.27mg (1.51%), Fiber: 0.34g (1.34%), Vitamin B2: 0.02mg (1.28%), Vitamin B5: 0.13mg (1.27%), Copper: 0.03mg (1.27%), Selenium: 0.72µg (1.04%), Zinc: 0.15mg (1.02%)