

Italian Chopped Salad

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/tucci-benucch-italian-chopped-salad-recipe>

Ingredients:

- dressing
- 3 tablespoons red wine vinegar
- 1/2 cup olive oil
- 1 teaspoon minced garlic
- 1 teaspoon italian seasoning
- 1 teaspoon dry mustard
- 1/2 teaspoon sea salt
- 1/2 teaspoon fresh ground black pepper
- 1 tablespoon Swerve or sweetener of choice
- salad
- 2 cups romaine lettuce chopped
- 2 cups iceberg lettuce chopped
- 1 cup red cabbage chopped
- 3 ounces salame Gallo, chopped
- 1 1/2 cups chickpeas drained and rinsed, one can
- 1/3 cup fresh basil chopped
- 1 tomato chopped
- 1/2 cup pitted kalamata olives chopped
- 2 scallions sliced thin
- 8 gluten-free crackers Breton®, crumbled

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 15 milligrams
4. Fat: 38 grams
5. Fiber: 6 grams
6. Protein: 8 grams
7. SaturatedFat: 7 grams

8. Sodium: 930 milligrams
 9. Sugar: 4 grams
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