



Bok Choy and Red Pepper Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



73 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 cups bok choy sliced
- ☐ 1 bell pepper red seeded cut into thin strips
- ☐ 0.3 cup sesame soy and ginger vinaigrette fat-free toasted

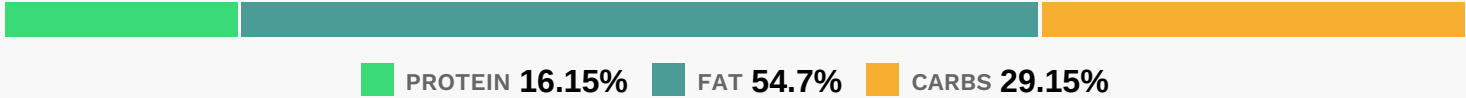
Equipment

- ☐ bowl

Directions

- ☐
- Combine bok choy and bell pepper in a medium bowl.
- ☐
- Pour vinaigrette over bok choy mixture; toss gently.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.76, Inflammation Score:-10, Nutrition Score:18.203043263891%

Flavonoids

Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 3.79mg, Kaempferol: 3.79mg, Kaempferol: 3.79mg, Kaempferol: 3.79mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 72.83kcal (3.64%), Fat: 4.92g (7.57%), Saturated Fat: 0.69g (4.33%), Carbohydrates: 5.9g (1.97%), Net Carbohydrates: 3.29g (1.2%), Sugar: 2.31g (2.57%), Cholesterol: 0mg (0%), Sodium: 59.1mg (2.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.54%), Vitamin A: 4841.82IU (96.84%), Vitamin C: 77.46mg (93.88%), Vitamin K: 41.27µg (39.31%), Copper: 0.41mg (20.31%), Manganese: 0.4mg (20.15%), Folate: 80.53µg (20.13%), Calcium: 185.36mg (18.54%), Vitamin B6: 0.33mg (16.52%), Magnesium: 53.1mg (13.28%), Iron: 2.19mg (12.18%), Fiber: 2.61g (10.42%), Phosphorus: 99.08mg (9.91%), Potassium: 327.15mg (9.35%), Vitamin B1: 0.13mg (8.35%), Vitamin B2: 0.11mg (6.45%), Zinc: 0.97mg (6.45%), Vitamin B3: 1.15mg (5.76%), Selenium: 3.69µg (5.27%), Vitamin E: 0.57mg (3.81%), Vitamin B5: 0.18mg (1.76%)