



Broccoli and Bell Pepper Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



14 min.

SERVINGS



8

CALORIES



127 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



2 bell pepper cored seeded cut into thin slices



2 lbs broccoli



2 teaspoons dijon mustard



0.3 cup olive oil



2 tablespoons red wine vinegar



8 servings salt and pepper

Equipment



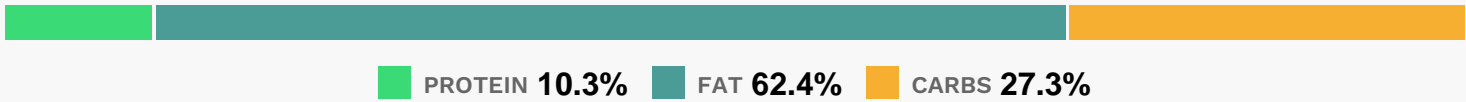
bowl

- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ colander

Directions

- ☐ Cut florets from broccoli. Trim florets into 1-inch pieces; trim stems, peel and cut into 1-inch pieces.
- ☐ Bring a large pot of salted water to a boil over high heat.
- ☐ Add broccoli and cook until tender but not mushy, 3 to 4 minutes.
- ☐ Drain in a colander under cold running water. Pat broccoli dry with paper towels.
- ☐ In a large bowl, combine mustard, vinegar, salt and pepper.
- ☐ Whisk together until salt is dissolved and then slowly add oil, whisking constantly until blended and thickened.
- ☐ Just before serving, add broccoli and peppers to bowl with vinaigrette. Toss until vegetables are thoroughly coated with dressing. Season with salt and pepper.
- ☐ Serve at room temperature, or cover and refrigerate to serve cold.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:1.84, Inflammation Score:-9, Nutrition Score:17.11086952168%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg Kaempferol: 8.9mg, Kaempferol: 8.9mg, Kaempferol: 8.9mg, Kaempferol: 8.9mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 127.33kcal (6.37%), Fat: 9.55g (14.69%), Saturated Fat: 1.39g (8.7%), Carbohydrates: 9.4g (3.13%), Net Carbohydrates: 5.77g (2.1%), Sugar: 3.19g (3.55%), Cholesterol: 0mg (0%), Sodium: 246.63mg (10.72%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 3.55g (7.09%), Vitamin C: 139.25mg (168.79%), Vitamin K: 122.56µg (116.72%), Vitamin A: 1638.83IU (32.78%), Folate: 85.21µg (21.3%), Vitamin E: 2.65mg (17.7%), Fiber: 3.63g (14.51%), Vitamin B6: 0.29mg (14.29%), Manganese: 0.28mg (13.94%), Potassium: 424.58mg (12.13%), Vitamin B2: 0.16mg (9.34%), Phosphorus: 84.23mg (8.42%), Vitamin B5: 0.75mg (7.48%), Magnesium: 28.14mg (7.03%), Vitamin B1: 0.1mg (6.6%), Iron: 1.04mg (5.8%), Calcium: 56.6mg (5.66%), Vitamin B3: 1.02mg (5.11%), Selenium: 3.29µg (4.7%), Zinc: 0.55mg (3.66%), Copper: 0.06mg (3.1%)