



Cactus, Zucchini and Red Pepper Salad

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



6

CALORIES



53 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup vegetable oil
- 0.3 cup citrus champagne vinegar
- 1 tablespoon cilantro leaves fresh chopped
- 0.5 teaspoon salt
- 1 clove garlic finely chopped
- 0.1 teaspoon pepper freshly ground
- 8 cups water
- 1 tablespoon salt

- 0.5 lb nopales fresh peeled cut into 1/2-inch pieces
- 2 small zucchini thinly sliced
- 1 medium bell pepper red cut into 1/4-inch strips

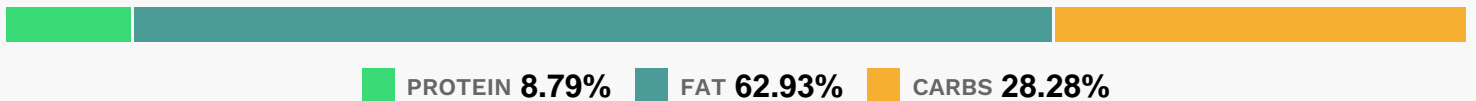
Equipment

- bowl
- sauce pan
- whisk

Directions

- To make vinaigrette, in small bowl, mix oil, vinegar, cilantro, 1/2 teaspoon salt, garlic and pepper with wire whisk until well blended.
- In 3-quart saucepan, heat water and salt to boiling.
- Add cactus.
- Heat to boiling; reduce heat. Boil uncovered 5 minutes; drain. Immediately rinse with cold water, or plunge into large bowl of ice and water; drain. Repeat rinsing and draining twice.
- In large bowl, mix cactus, zucchini and bell pepper.
- Add vinaigrette; toss to mix.

Nutrition Facts



Properties

Glycemic Index:24.67, Glycemic Load:0.46, Inflammation Score:-7, Nutrition Score:6.8930434817853%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 52.77kcal (2.64%), Fat: 3.86g (5.93%), Saturated Fat: 0.61g (3.79%), Carbohydrates: 3.9g (1.3%), Net Carbohydrates: 2.24g (0.81%), Sugar: 2.26g (2.51%), Cholesterol: 0mg (0%), Sodium: 1385.1mg (60.22%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.43%), Vitamin C: 36.17mg (43.84%), Vitamin A: 877.16IU (17.54%), Manganese: 0.29mg (14.33%), Vitamin K: 11.63µg (11.08%), Magnesium: 32.92mg (8.23%), Calcium: 81.71mg (8.17%), Vitamin B6: 0.15mg (7.74%), Potassium: 248.72mg (7.11%), Fiber: 1.66g (6.66%), Folate: 19.76µg (4.94%), Copper: 0.1mg (4.93%), Vitamin E: 0.66mg (4.4%), Vitamin B2: 0.07mg (4.12%), Iron: 0.52mg (2.91%), Phosphorus: 27.81mg (2.78%), Vitamin B3: 0.53mg (2.66%), Vitamin B1: 0.03mg (2.27%), Zinc: 0.31mg (2.1%), Vitamin B5: 0.21mg (2.1%)