



Chilled Vegetable Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



238 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 rib celery sliced
- ☐ 0.8 cup cider vinegar
- ☐ 14.5 ounce french-cut green beans drained canned
- ☐ 1 medium size bell pepper green chopped
- ☐ 15.3 ounce peas sweet green drained canned
- ☐ 1 medium onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 7 ounce pimientos diced undrained

- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar
- ☐ 0.5 cup vegetable oil
- ☐ 11 ounce shoepeg corn white drained canned

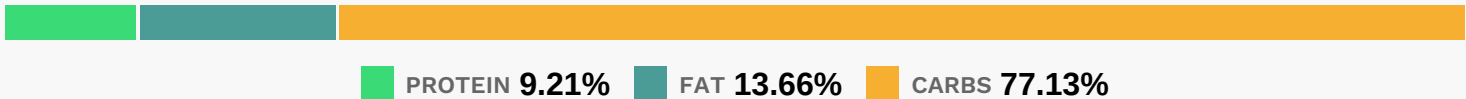
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Bring first 3 ingredients to a boil in small saucepan over medium heat; cook, stirring often, 5 minutes or until sugar dissolves.
- ☐ Remove dressing from heat, and cool 30 minutes.
- ☐ Stir together chopped bell pepper and next 8 ingredients in a large bowl; gently stir in dressing. Cover and chill salad for 8 hours.
- ☐ Serve with a slotted spoon.
- ☐ NOTE: Salad may be stored in an airtight container in the refrigerator for several days.

Nutrition Facts



Properties

Glycemic Index:43.3, Glycemic Load:21.41, Inflammation Score:-8, Nutrition Score:15.866956348005%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg

Nutrients (% of daily need)

Calories: 238.19kcal (11.91%), Fat: 3.82g (5.87%), Saturated Fat: 0.59g (3.66%), Carbohydrates: 48.51g (16.17%), Net Carbohydrates: 41.91g (15.24%), Sugar: 34.56g (38.4%), Cholesterol: 0mg (0%), Sodium: 159.19mg (6.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.79g (11.59%), Vitamin C: 69.09mg (83.74%), Vitamin K: 44.56µg (42.44%), Vitamin A: 1484.67IU (29.69%), Manganese: 0.54mg (27.01%), Fiber: 6.6g (26.4%), Folate: 65.86µg (16.47%), Vitamin B6: 0.33mg (16.44%), Vitamin B1: 0.24mg (16.08%), Potassium: 451.18mg (12.89%), Phosphorus: 127.91mg (12.79%), Iron: 2.19mg (12.19%), Vitamin B3: 2.43mg (12.16%), Magnesium: 48.63mg (12.16%), Vitamin B2: 0.18mg (10.38%), Copper: 0.19mg (9.37%), Zinc: 1.12mg (7.45%), Vitamin E: 0.81mg (5.38%), Vitamin B5: 0.5mg (5%), Calcium: 42.02mg (4.2%), Selenium: 1.89µg (2.7%)