



## Chopped Crunch Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



190 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 avocado diced
- 0.5 cup cheese blue crumbled
- 1 carrots diced peeled
- 2 stalks celery diced
- 0.5 cucumber diced english
- 2 tablespoons basil fresh chopped
- 1 cup slender green beans cut into 1-inch pieces
- 6 servings kosher salt and pepper black freshly ground

- 0.3 cup olive oil extra-virgin
- 2 tablespoons red wine vinegar
- 1 heart of romaine diced

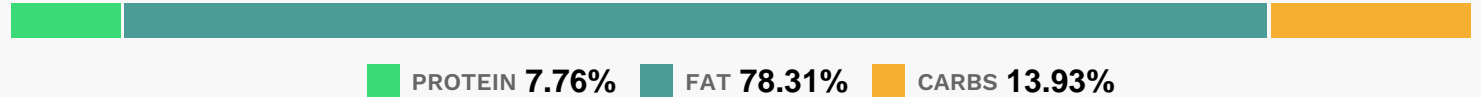
## Equipment

- bowl
- whisk

## Directions

- Watch how to make this recipe.
- Add the green beans, celery, avocado, carrot, romaine, cucumber, cheese and basil to a large bowl.
- Whisk together the olive oil, red wine vinegar and some salt and pepper in a large bowl.
- Add the salad ingredients and toss well.

## Nutrition Facts



## Properties

Glycemic Index:48.97, Glycemic Load:1.07, Inflammation Score:-9, Nutrition Score:10.042608649834%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

## Nutrients (% of daily need)

Calories: 190.49kcal (9.52%), Fat: 17.29g (26.6%), Saturated Fat: 4.09g (25.56%), Carbohydrates: 6.92g (2.31%), Net Carbohydrates: 3.43g (1.25%), Sugar: 2.01g (2.23%), Cholesterol: 8.44mg (2.81%), Sodium: 152mg (6.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.71%), Vitamin A: 2487.99IU (49.76%), Vitamin K: 37.67µg

(35.87%), Vitamin E: 2.22mg (14.77%), Fiber: 3.5g (13.99%), Folate: 52.53µg (13.13%), Potassium: 350.77mg (10.02%), Vitamin C: 7.63mg (9.25%), Calcium: 86.44mg (8.64%), Vitamin B6: 0.17mg (8.46%), Vitamin B5: 0.84mg (8.36%), Manganese: 0.17mg (8.31%), Phosphorus: 83.01mg (8.3%), Vitamin B2: 0.13mg (7.71%), Magnesium: 24.27mg (6.07%), Copper: 0.11mg (5.35%), Vitamin B3: 1.02mg (5.11%), Zinc: 0.67mg (4.45%), Vitamin B1: 0.06mg (4.05%), Iron: 0.68mg (3.8%), Selenium: 2.04µg (2.91%), Vitamin B12: 0.14µg (2.29%)