



Chopped Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



101 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup kalamata olives black pitted halved (suit yourself whether you prefer the medium California olives—a 6-ounce can—or Kalamata olives)
- ☐ 1.8 cups carrots finely chopped
- ☐ 1 cup celery stalks halved lengthwise finely chopped
- ☐ 3.5 cups cucumber diced seedless
- ☐ 1.8 cups grape tomatoes halved
- ☐ 0.3 cup olive oil
- ☐ 1.5 cups bell pepper diced red
- ☐ 1 small onion red finely chopped

- ☐ 4 cups the of 1 cos lettuce chopped
- ☐ 1 small shallots minced
- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons citrus champagne vinegar

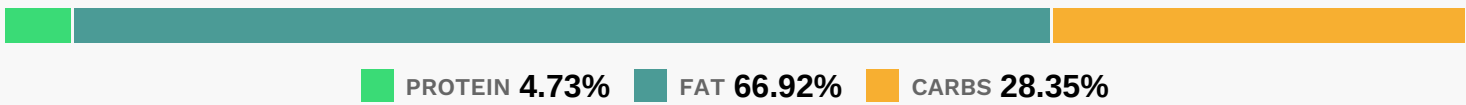
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ ziploc bags

Directions

- ☐ Whisk together vinegar, sugar, shallot, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a large bowl, then add oil in a stream, whisking until combined well.
- ☐ Toss remaining ingredients with dressing.
- ☐ Season salad with salt and pepper.
- ☐ •Dressing can be made 1 day ahead and chilled, covered. •Vegetables and lettuce can be chopped 1 day ahead and stored separately while being chilled in a sealable plastic bag lined with a damp paper towel.

Nutrition Facts



Properties

Glycemic Index:22.99, Glycemic Load:1.59, Inflammation Score:-10, Nutrition Score:11.184347932753%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 101.08kcal (5.05%), Fat: 7.97g (12.27%), Saturated Fat: 1.1g (6.9%), Carbohydrates: 7.6g (2.53%), Net Carbohydrates: 5.22g (1.9%), Sugar: 3.99g (4.43%), Cholesterol: 0mg (0%), Sodium: 199.74mg (8.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.53%), Vitamin A: 5361.29IU (107.23%), Vitamin C: 30.51mg (36.99%), Vitamin K: 32.42µg (30.87%), Vitamin E: 1.88mg (12.55%), Folate: 44.62µg (11.16%), Fiber: 2.38g (9.53%), Potassium: 281.81mg (8.05%), Vitamin B6: 0.15mg (7.45%), Manganese: 0.15mg (7.42%), Magnesium: 16.62mg (4.15%), Vitamin B1: 0.06mg (3.97%), Vitamin B2: 0.06mg (3.52%), Phosphorus: 35.15mg (3.51%), Copper: 0.07mg (3.32%), Iron: 0.59mg (3.29%), Vitamin B3: 0.64mg (3.21%), Calcium: 31.97mg (3.2%), Vitamin B5: 0.27mg (2.71%), Zinc: 0.27mg (1.77%)