



Chopped Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



158 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 small avocado pitted chopped
- ☐ 1 cup carrots shredded
- ☐ 3 large rib celery stalks chopped
- ☐ 1 cup cherry tomatoes halved
- ☐ 1 cucumber peeled seeded chopped
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 cup green beans halved
- ☐ 1 bell pepper green seeded chopped

- ☐ 3 large hardboiled eggs chopped
- ☐ 4 cups lettuce chopped
- ☐ 0.5 cup marinated artichoke chopped
- ☐ 0.5 cup marinated mushrooms chopped
- ☐ 0.8 cup olive oil
- ☐ 0.5 cup pepperoncini peppers chopped
- ☐ 6 radishes chopped
- ☐ 1 small onion red chopped
- ☐ 0.5 cup roasted peppers red jarred chopped
- ☐ 8 servings salt and pepper
- ☐ 0.3 cup citrus champagne vinegar

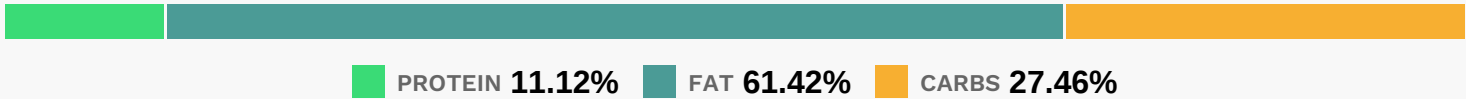
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Make dressing: In a bowl, whisk together mustard, vinegar, salt and pepper.
- ☐ Drizzle in olive oil, whisking vigorously, until well blended.
- ☐ Make salad: In a large bowl toss all salad ingredients together.
- ☐ Drizzle with dressing and toss again to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:39.1, Glycemic Load:1.47, Inflammation Score:-9, Nutrition Score:13.424782659696%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Pelargonidin: 1.89mg, Pelargonidin: 1.89mg, Pelargonidin: 1.89mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg 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: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg

Nutrients (% of daily need)

Calories: 158.42kcal (7.92%), Fat: 11.21g (17.25%), Saturated Fat: 1.88g (11.76%), Carbohydrates: 11.28g (3.76%), Net Carbohydrates: 6.89g (2.51%), Sugar: 4.35g (4.84%), Cholesterol: 69.94mg (23.31%), Sodium: 444.38mg (19.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.57g (9.13%), Vitamin A: 3408.76IU (68.18%), Vitamin C: 37.33mg (45.25%), Vitamin K: 26.81µg (25.53%), Fiber: 4.38g (17.53%), Folate: 60.78µg (15.2%), Vitamin B6: 0.26mg (13.24%), Potassium: 446.04mg (12.74%), Manganese: 0.24mg (12.1%), Vitamin E: 1.73mg (11.53%), Vitamin B2: 0.19mg (10.89%), Selenium: 6.88µg (9.82%), Vitamin B5: 0.88mg (8.84%), Phosphorus: 88.32mg (8.83%), Copper: 0.15mg (7.47%), Magnesium: 28.18mg (7.05%), Vitamin B1: 0.11mg (7.05%), Iron: 1.21mg (6.73%), Vitamin B3: 1.07mg (5.33%), Calcium: 48.5mg (4.85%), Zinc: 0.66mg (4.39%), Vitamin B12: 0.21µg (3.47%), Vitamin D: 0.41µg (2.75%)