



Chopped Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



102 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 serving bibb lettuce fresh chopped
- ☐ 1 serving broccoli fresh chopped
- ☐ 1 serving celery fresh chopped
- ☐ 1 serving cucumber fresh english chopped
- ☐ 1 leaf flat parsley fresh chopped
- ☐ 1 serving gala apples fresh chopped
- ☐ 1 serving lemon-basil vinaigrette
- ☐ 1 serving radishes thinly sliced

- ☐ 1 serving onion fresh red chopped
- ☐ 1 serving sugar snap peas fresh chopped
- ☐ 1 serving bell pepper fresh yellow chopped

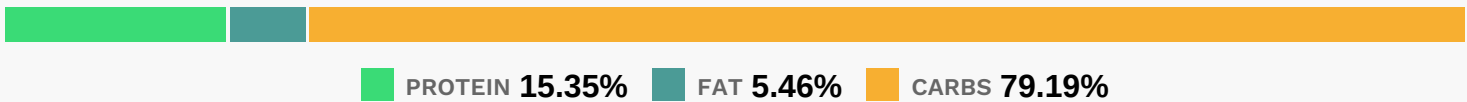
Equipment

- ☐ bowl

Directions

- ☐ Combine lettuce, apples, cucumber, peas, bell pepper, onion, celery, parsley, and broccoli with radishes in a large bowl.
- ☐ Serve with Lemon-Basil Vinaigrette.

Nutrition Facts



Properties

Glycemic Index:257, Glycemic Load:3.71, Inflammation Score:-9, Nutrition Score:20.179565243099%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 5.29mg, Apigenin: 5.29mg, Apigenin: 5.29mg, Apigenin: 5.29mg Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 4.37mg, Kaempferol: 4.37mg, Kaempferol: 4.37mg, Kaempferol: 4.37mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg

Nutrients (% of daily need)

Calories: 102.14kcal (5.11%), Fat: 0.7g (1.07%), Saturated Fat: 0.17g (1.09%), Carbohydrates: 22.67g (7.56%), Net Carbohydrates: 15.7g (5.71%), Sugar: 12.7g (14.11%), Cholesterol: 0mg (0%), Sodium: 129.51mg (5.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.79%), Vitamin K: 125.74µg (119.76%), Vitamin C: 88.61mg (107.4%),

Vitamin A: 1617.94IU (32.36%), Folate: 111.97µg (27.99%), Fiber: 6.97g (27.87%), Potassium: 818.9mg (23.4%), Manganese: 0.46mg (22.85%), Vitamin B6: 0.33mg (16.61%), Magnesium: 50.92mg (12.73%), Vitamin B2: 0.21mg (12.53%), Calcium: 117.93mg (11.79%), Iron: 2.12mg (11.79%), Vitamin B5: 1.17mg (11.71%), Phosphorus: 114.93mg (11.49%), Vitamin B1: 0.16mg (10.82%), Copper: 0.18mg (8.84%), Vitamin E: 0.98mg (6.57%), Vitamin B3: 1.23mg (6.14%), Zinc: 0.78mg (5.2%), Selenium: 2.41µg (3.44%)