



Chopped Vegetable Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



113 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 12 ounces cherry tomatoes
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 baby squash yellow cut into 1/2-inch pieces
- ☐ 2 zucchini cut into 1/2-inch pieces

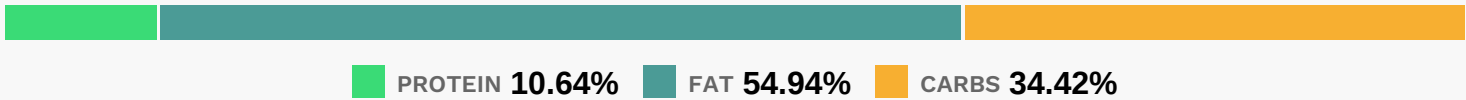
Equipment

☐ bowl

Directions

- ☐ Combine the zucchini, squash, tomatoes, lemon juice, oil, salt, pepper, and mint in a large bowl.
- ☐ Let sit for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:1.03, Inflammation Score:-7, Nutrition Score:12.786956434665%

Flavonoids

Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 113.46kcal (5.67%), Fat: 7.63g (11.74%), Saturated Fat: 1.12g (6.97%), Carbohydrates: 10.76g (3.59%), Net Carbohydrates: 7.82g (2.85%), Sugar: 6.91g (7.68%), Cholesterol: 0mg (0%), Sodium: 601.64mg (26.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.32g (6.65%), Vitamin C: 57.39mg (69.56%), Manganese: 0.49mg (24.28%), Vitamin B6: 0.45mg (22.4%), Potassium: 723.53mg (20.67%), Vitamin A: 928.5IU (18.57%), Folate: 67.72µg (16.93%), Vitamin B2: 0.26mg (15.22%), Vitamin K: 13.95µg (13.29%), Fiber: 2.93g (11.73%), Vitamin E: 1.73mg (11.55%), Magnesium: 44.88mg (11.22%), Phosphorus: 101.14mg (10.11%), Copper: 0.18mg (8.91%), Vitamin B1: 0.13mg (8.4%), Iron: 1.49mg (8.27%), Vitamin B3: 1.43mg (7.14%), Zinc: 0.75mg (5.03%), Vitamin B5: 0.48mg (4.83%), Calcium: 48mg (4.8%), Selenium: 0.83µg (1.19%)