



Chopped Vegetable Salad with Garlic Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



36 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon dijon mustard
- ☐ 2 cups cucumber english chopped
- ☐ 2 garlic cloves minced
- ☐ 0.5 cup green onions chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon olive oil
- ☐ 1 cup plum tomatoes chopped

- ☐ 1 cup bell pepper red chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 cup bell pepper yellow chopped

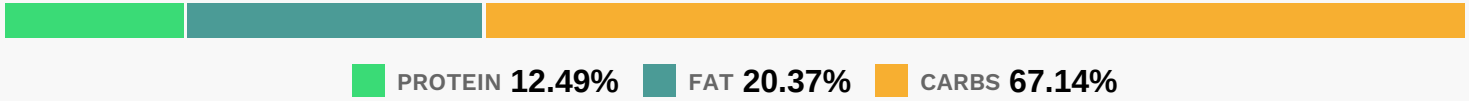
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 5 ingredients in a large bowl.
- ☐ Combine lemon juice and next 5 ingredients (lemon juice through garlic) in a small bowl; stir well with a whisk.
- ☐ Pour dressing over vegetables; toss gently to coat.
- ☐ Serve salad on lettuce leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:32.67, Glycemic Load:0.94, Inflammation Score:-8, Nutrition Score:9.9982609256454%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 36.29kcal (1.81%), Fat: 0.95g (1.45%), Saturated Fat: 0.14g (0.9%), Carbohydrates: 7.01g (2.34%), Net Carbohydrates: 5.36g (1.95%), Sugar: 2.93g (3.25%), Cholesterol: 0mg (0%), Sodium: 201.79mg (8.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.61%), Vitamin C: 86.58mg (104.94%), Vitamin K: 27.76µg (26.44%), Vitamin A: 1275.76IU (25.52%), Vitamin B6: 0.18mg (8.91%), Manganese: 0.17mg (8.31%), Folate: 32.11µg (8.03%), Potassium: 279.96mg (8%), Fiber: 1.66g (6.62%), Vitamin E: 0.76mg (5.09%), Magnesium: 17.05mg (4.26%),

Copper: 0.08mg (3.97%), Vitamin B3: 0.79mg (3.94%), Phosphorus: 35.3mg (3.53%), Vitamin B1: 0.05mg (3.46%),
Iron: 0.58mg (3.22%), Vitamin B2: 0.05mg (3.21%), Vitamin B5: 0.26mg (2.62%), Calcium: 22.36mg (2.24%), Zinc:
0.29mg (1.92%)