



Christmas Vegetable Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



114 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup canola oil
- 2 cups cauliflower thinly sliced
- 0.3 cup bell pepper green chopped
- 6 servings pepper
- 1 tablespoon juice of lemon
- 0.5 cup pimiento stuffed olives sliced
- 0.3 cup bell pepper red chopped
- 1 teaspoon salt

- 0.5 teaspoon sugar
- 1 tablespoon citrus champagne vinegar

Equipment

- bowl

Directions

- In a jar with a tight-fitting lid, combine the first six ingredients; shake well. In a salad bowl, combine the cauliflower, olives and peppers; drizzle with dressing and toss to coat. Cover and refrigerate for several hours or overnight.

Nutrition Facts



Properties

Glycemic Index:29.35, Glycemic Load:0.69, Inflammation Score:-4, Nutrition Score:5.1986956065116%

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: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 113.52kcal (5.68%), Fat: 11.2g (17.23%), Saturated Fat: 0.97g (6.07%), Carbohydrates: 3.55g (1.18%), Net Carbohydrates: 2.16g (0.79%), Sugar: 1.64g (1.82%), Cholesterol: 0mg (0%), Sodium: 573.91mg (24.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.86%), Vitamin C: 34.3mg (41.57%), Vitamin E: 2.25mg (15.03%), Vitamin K: 13.16µg (12.53%), Vitamin A: 334.71IU (6.69%), Folate: 24.49µg (6.12%), Fiber: 1.39g (5.54%), Vitamin B6: 0.11mg (5.44%), Manganese: 0.09mg (4.31%), Potassium: 141.31mg (4.04%), Vitamin B5: 0.26mg (2.64%), Magnesium: 8.49mg (2.12%), Phosphorus: 19.48mg (1.95%), Vitamin B1: 0.03mg (1.93%), Vitamin B2: 0.03mg (1.81%), Copper: 0.04mg (1.78%), Vitamin B3: 0.32mg (1.6%), Iron: 0.29mg (1.58%), Calcium: 15.58mg (1.56%)