



Chunky Vegetable Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



121 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups broccoli florets
- ☐ 2 large carrots cut into 1/2-inch slices on the diagonal
- ☐ 2 cups cauliflower florets
- ☐ 2 cups cherry tomatoes
- ☐ 1 pinch pepper red crushed
- ☐ 2 teaspoons parsley fresh chopped
- ☐ 1 clove garlic finely minced
- ☐ 0.5 teaspoon ground mustard

- ☐ 1 teaspoon penzey's southwest seasoning italian
- ☐ 0.3 cup olive oil
- ☐ 1 onion red cut into thin wedges
- ☐ 2 tablespoons red wine vinegar
- ☐ 8 servings salt and pepper
- ☐ 0.5 teaspoon sugar
- ☐ 1 tablespoon citrus champagne vinegar
- ☐ 1 bell pepper yellow seeded cut into large dice

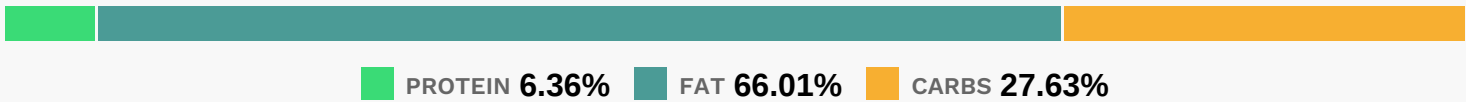
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a large pot of water to a boil. Make dressing: In a bowl, whisk together all ingredients except oil, salt and pepper.
- ☐ Whisking constantly, slowly drizzle in oil. Season with salt and pepper.
- ☐ Add carrots, broccoli and cauliflower to boiling water and cook until just tender, about 4 minutes.
- ☐ Drain and rinse under cold water.
- ☐ In a large salad bowl, toss cooked vegetables, bell pepper, onion and cherry tomatoes with dressing. Cover and chill for at least 30 minutes. Toss again just before serving.

Nutrition Facts



Properties

Glycemic Index:34.37, Glycemic Load:1.6, Inflammation Score:-9, Nutrition Score:12.853043328161%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 121.08kcal (6.05%), Fat: 9.34g (14.38%), Saturated Fat: 1.33g (8.31%), Carbohydrates: 8.8g (2.93%), Net Carbohydrates: 6.44g (2.34%), Sugar: 3.5g (3.89%), Cholesterol: 0mg (0%), Sodium: 227.16mg (9.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.05%), Vitamin C: 70.4mg (85.34%), Vitamin A: 3371.13IU (67.42%), Vitamin K: 37.96µg (36.15%), Vitamin E: 1.88mg (12.54%), Folate: 44.17µg (11.04%), Manganese: 0.21mg (10.58%), Potassium: 345.34mg (9.87%), Vitamin B6: 0.19mg (9.48%), Fiber: 2.36g (9.43%), Phosphorus: 52.78mg (5.28%), Iron: 0.87mg (4.82%), Magnesium: 18.69mg (4.67%), Vitamin B1: 0.07mg (4.45%), Vitamin B5: 0.44mg (4.42%), Copper: 0.08mg (4.13%), Vitamin B2: 0.07mg (4.11%), Vitamin B3: 0.82mg (4.09%), Calcium: 36.66mg (3.67%), Zinc: 0.33mg (2.18%), Selenium: 1.37µg (1.95%)