



Clean-The-Fridge Chopped Vegetable Salad with Cranberry Vinaigrette



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



179 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup broccoli florets
- ☐ 1 cup carrots chopped
- ☐ 1 cup cauliflower florets
- ☐ 1 cup celery chopped
- ☐ 1 cup cucumber chopped
- ☐ 1 teaspoon dijon mustard
- ☐ 2 tablespoons parsley leaves fresh chopped

- ☐ 4 servings salt and ground pepper black
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup stuffed olives green sliced
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.5 cup cranberry sauce

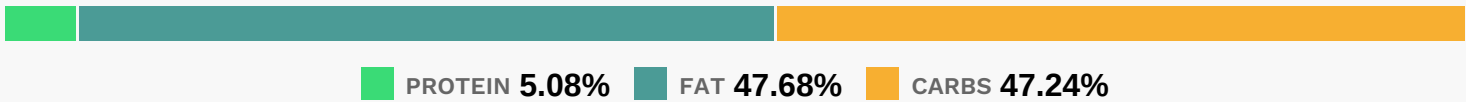
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a large bowl, combine broccoli, cauliflower, carrots, celery, cucumber, olives, and basil. Toss to combine.
- ☐ In a small bowl, whisk together cranberry sauce, olive oil, vinegar, and mustard. Season, to taste, with salt and black pepper.
- ☐ Pour mixture over vegetables and toss to combine.

Nutrition Facts



Properties

Glycemic Index:63.46, Glycemic Load:1.77, Inflammation Score:-10, Nutrition Score:15.255652272183%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 5.05mg, Apigenin: 5.05mg, Apigenin: 5.05mg, Apigenin: 5.05mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg Myricetin: 1.27mg, Myricetin: 1.27mg, Myricetin: 1.27mg, Myricetin: 1.27mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 179.07kcal (8.95%), Fat: 10.02g (15.42%), Saturated Fat: 1.4g (8.76%), Carbohydrates: 22.34g (7.45%), Net Carbohydrates: 18.63g (6.77%), Sugar: 14.43g (16.04%), Cholesterol: 0mg (0%), Sodium: 338.28mg (14.71%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.81%), Vitamin A: 5875.9IU (117.52%), Vitamin K: 79.02µg (75.26%), Vitamin C: 39.11mg (47.41%), Vitamin E: 2.48mg (16.56%), Fiber: 3.71g (14.84%), Folate: 52.41µg (13.1%), Manganese: 0.23mg (11.32%), Potassium: 392.61mg (11.22%), Vitamin B6: 0.18mg (8.93%), Magnesium: 23.61mg (5.9%), Calcium: 55.62mg (5.56%), Vitamin B2: 0.09mg (5.55%), Phosphorus: 55.3mg (5.53%), Vitamin B5: 0.54mg (5.43%), Vitamin B1: 0.08mg (5.22%), Iron: 0.93mg (5.15%), Copper: 0.1mg (5.14%), Vitamin B3: 0.79mg (3.95%), Zinc: 0.38mg (2.51%), Selenium: 1.61µg (2.3%)