



Creamy Garden Vegetable Salad

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



141 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups broccoli florets
- 4 cups cauliflower florets
- 2 cups cherry tomatoes halved
- 0.3 cup parmesan cheese grated kraft
- 1 cup lite ranch dressing kraft

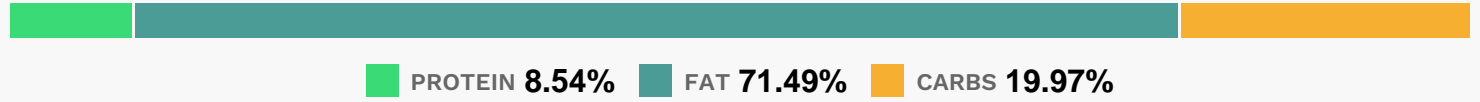
Equipment

- bowl

Directions

- Mix dressing and cheese in large bowl.
- Add remaining ingredients; toss to coat.

Nutrition Facts



Properties

Glycemic Index:6.4, Glycemic Load:0.85, Inflammation Score:-6, Nutrition Score:11.452608874958%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 3mg, Kaempferol: 3mg, Kaempferol: 3mg, Kaempferol: 3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 141.46kcal (7.07%), Fat: 11.66g (17.94%), Saturated Fat: 2.16g (13.47%), Carbohydrates: 7.33g (2.44%), Net Carbohydrates: 5.37g (1.95%), Sugar: 3.25g (3.61%), Cholesterol: 8.41mg (2.81%), Sodium: 287.28mg (12.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.27%), Vitamin K: 76.36µg (72.73%), Vitamin C: 58.54mg (70.96%), Folate: 50.72µg (12.68%), Phosphorus: 110.46mg (11.05%), Potassium: 319.55mg (9.13%), Manganese: 0.18mg (9.1%), Vitamin B6: 0.17mg (8.5%), Vitamin A: 403.24IU (8.06%), Fiber: 1.96g (7.82%), Vitamin B5: 0.71mg (7.13%), Vitamin E: 1.03mg (6.86%), Vitamin B2: 0.1mg (6.04%), Calcium: 58.01mg (5.8%), Magnesium: 18.4mg (4.6%), Selenium: 3.01µg (4.31%), Vitamin B1: 0.06mg (4.06%), Iron: 0.72mg (4%), Copper: 0.06mg (3.07%), Vitamin B3: 0.61mg (3.04%), Zinc: 0.45mg (2.99%), Vitamin B12: 0.07µg (1.24%)