



Crunchy Vegetable Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



343 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounces beets
- ☐ 10 bibb lettuce leaves
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup broccoli florets
- ☐ 4 medium carrots peeled
- ☐ 1 cup cauliflower florets
- ☐ 2 habanero chiles dried

- ☐ 1 tablespoon dijon mustard
- ☐ 2 teaspoons olive oil extravirgin
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 Dash ground ginger
- ☐ 0.5 cup cocktail sauce prepared
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup mayonnaise light
- ☐ 10 small cabbage leaves red
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon sugar
- ☐ 1 cup sweet potatoes and into cubed peeled ()
- ☐ 4 cups water
- ☐ 1 cup yukon gold potatoes cubed peeled ()

Equipment

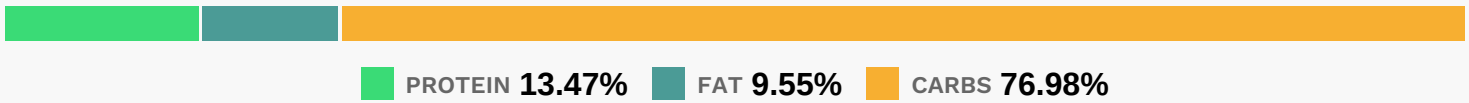
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ peeler

Directions

- ☐ To prepare salad, place potatoes in a medium saucepan; cover with water. Bring to a boil. Reduce heat; simmer 10 minutes or until tender.
- ☐ Drain; rinse with cold water.
- ☐ Drain.
- ☐ Place potatoes in a large bowl. Bring 4 cups water to a boil in a medium saucepan; add cauliflower and broccoli. Cook 1 minute or until crisp-tender.
- ☐ Drain; rinse with cold water.

- ☐ Drain.
- ☐ Add cauliflower mixture to potatoes. Using a vegetable peeler, scrape carrots from tip to stem to make long ribbons.
- ☐ Add carrot to potato mixture, tossing gently to combine. Leave root and 1-inch stem on beets; scrub with a brush.
- ☐ Place in a medium saucepan; cover with water. Bring to a boil. Cover, reduce heat, and simmer 25 minutes or until tender.
- ☐ Drain; rinse with cold water.
- ☐ Drain; cool. Trim off beet roots; rub off skins.
- ☐ Cut beets into 1/4-inch-thick slices. Arrange lettuce and cabbage leaves alternately on a large platter.
- ☐ To prepare vinaigrette, combine thyme and next 5 ingredients (thyme through 1/8 teaspoon black pepper), stirring with a whisk.
- ☐ Add oil, stirring well to combine; drizzle vinaigrette over lettuce. Spoon potato mixture over lettuce; top with beets.
- ☐ To prepare dipping sauce, place chiles in a spice or coffee grinder; process until finely ground.
- ☐ Place 1/8 to 1/4 teaspoon ground chile in a medium bowl (reserve remaining ground chile for another use).
- ☐ Add cocktail sauce and remaining ingredients, stirring well to combine.
- ☐ Serve with vegetables.

Nutrition Facts



Properties

Glycemic Index:75.58, Glycemic Load:20.32, Inflammation Score:-10, Nutrition Score:42.479130413221%

Flavonoids

Cyanidin: 1487.17mg, Cyanidin: 1487.17mg, Cyanidin: 1487.17mg, Cyanidin: 1487.17mg Delphinidin: 0.71mg, Delphinidin: 0.71mg, Delphinidin: 0.71mg, Delphinidin: 0.71mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg

0.45mg, Apigenin: 0.45mg Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 343.41kcal (17.17%), Fat: 4.12g (6.34%), Saturated Fat: 0.61g (3.82%), Carbohydrates: 74.79g (24.93%), Net Carbohydrates: 55.93g (20.34%), Sugar: 36.49g (40.55%), Cholesterol: 1.12mg (0.37%), Sodium: 589.92mg (25.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.08g (26.16%), Vitamin C: 449.31mg (544.62%), Vitamin A: 16221.06IU (324.42%), Vitamin K: 314.53µg (299.55%), Manganese: 2.12mg (106.22%), Vitamin B6: 1.79mg (89.34%), Fiber: 18.86g (75.43%), Potassium: 2265.26mg (64.72%), Folate: 202.98µg (50.75%), Iron: 7.06mg (39.2%), Vitamin B1: 0.56mg (37.19%), Magnesium: 148.25mg (37.06%), Calcium: 368.07mg (36.81%), Vitamin B2: 0.59mg (34.48%), Phosphorus: 288.3mg (28.83%), Vitamin B3: 4.15mg (20.74%), Vitamin B5: 1.61mg (16.09%), Zinc: 2.07mg (13.79%), Copper: 0.27mg (13.49%), Vitamin E: 1.56mg (10.39%), Selenium: 6.1µg (8.71%)