



## Easy Marinated Vegetables

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



330 kcal

SIDE DISH

### Ingredients

- 4 cups broccoli florets fresh
- 2 cups cauliflowerets fresh
- 1 cup celery chopped
- 1 cup cherry tomatoes halved
- 1.5 cups mushrooms fresh sliced
- 0.8 cup bell pepper green chopped
- 1.5 teaspoons ground mustard
- 3 tablespoons onion grated

- 1 tablespoon poppy seeds
- 0.8 teaspoon salt
- 0.8 cup sugar
- 1 cup vegetable oil
- 0.3 cup vinegar white

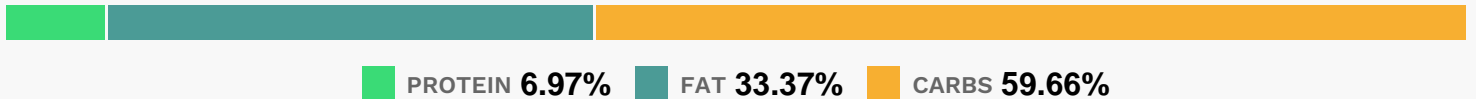
## Equipment

- mixing bowl
- pot

## Directions

- Bring a large pot of salted water to boil.
- Place the broccoli and cauliflower florets into the boiling water for one minute.
- Drain and rinse florets.
- Combine broccoli, cauliflower, bell pepper, cucumber, carrot and Italian salad dressing in a medium size mixing bowl. Cover the bowl and refrigerate the vegetables for one hour.

## Nutrition Facts



## Properties

Glycemic Index:72.52, Glycemic Load:28.45, Inflammation Score:-9, Nutrition Score:21.71782610533%

## Flavonoids

Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg Luteolin: 2.36mg, Luteolin: 2.36mg, Luteolin: 2.36mg, Luteolin: 2.36mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 7.44mg, Kaempferol: 7.44mg, Kaempferol: 7.44mg, Kaempferol: 7.44mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg

## Nutrients (% of daily need)

Calories: 330.37kcal (16.52%), Fat: 12.96g (19.95%), Saturated Fat: 2g (12.51%), Carbohydrates: 52.14g (17.38%), Net Carbohydrates: 46.62g (16.95%), Sugar: 43.02g (47.8%), Cholesterol: 0mg (0%), Sodium: 509.78mg (22.16%),

Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 6.09g (12.18%), Vitamin C: 138.4mg (167.75%), Vitamin K: 131.19µg (124.95%), Manganese: 0.58mg (28.9%), Folate: 113.16µg (28.29%), Potassium: 781.21mg (22.32%), Fiber: 5.52g (22.09%), Vitamin B6: 0.42mg (20.85%), Vitamin A: 966.21IU (19.32%), Vitamin B2: 0.32mg (19.12%), Phosphorus: 163.91mg (16.39%), Vitamin B5: 1.55mg (15.54%), Copper: 0.28mg (14.12%), Vitamin E: 2.1mg (14.03%), Vitamin B3: 2.61mg (13.06%), Magnesium: 50.33mg (12.58%), Vitamin B1: 0.18mg (12.14%), Selenium: 8.44µg (12.06%), Calcium: 109.84mg (10.98%), Iron: 1.79mg (9.94%), Zinc: 1.06mg (7.06%)