



Easy Marinated Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



77 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups broccoli florets
- ☐ 1 carrots coarsely chopped
- ☐ 1.5 cups cauliflower florets
- ☐ 1 cucumber peeled seeded chopped
- ☐ 1 bell pepper green cut into 1 inch pieces
- ☐ 0.3 cup salad dressing italian-style

Equipment

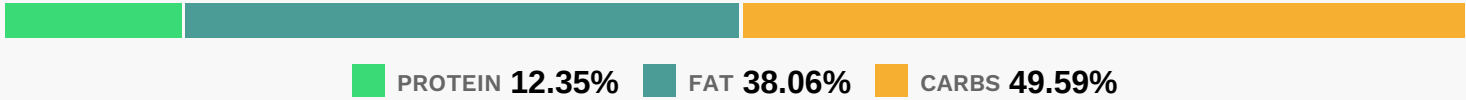
- ☐ mixing bowl

☐ 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:33.96, Glycemic Load:1.53, Inflammation Score:-9, Nutrition Score:14.480000112368%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.72mg, Luteolin: 1.72mg, Luteolin: 1.72mg, Luteolin: 1.72mg Kaempferol: 2.86mg, Kaempferol: 2.86mg, Kaempferol: 2.86mg, Kaempferol: 2.86mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 77.43kcal (3.87%), Fat: 3.54g (5.44%), Saturated Fat: 0.55g (3.46%), Carbohydrates: 10.37g (3.46%), Net Carbohydrates: 7.27g (2.64%), Sugar: 5.35g (5.95%), Cholesterol: 0mg (0%), Sodium: 181.27mg (7.88%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.58g (5.17%), Vitamin C: 75.79mg (91.87%), Vitamin A: 2929.63IU (58.59%), Vitamin K: 58.46µg (55.68%), Folate: 59.25µg (14.81%), Vitamin B6: 0.26mg (13.2%), Potassium: 435.16mg (12.43%), Fiber: 3.1g (12.38%), Manganese: 0.25mg (12.36%), Vitamin B5: 0.7mg (6.97%), Magnesium: 27.33mg (6.83%), Phosphorus: 68.26mg (6.83%), Vitamin B1: 0.1mg (6.41%), Vitamin B2: 0.1mg (5.79%), Copper: 0.11mg (5.69%), Vitamin E: 0.85mg (5.67%), Calcium: 44.71mg (4.47%), Iron: 0.76mg (4.2%), Vitamin B3: 0.75mg (3.74%), Zinc: 0.45mg (3.03%), Selenium: 1.46µg (2.09%)