



## Easy Winter Vegetable Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



190 min.

SERVINGS



10

CALORIES



149 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 32 oz vegetables mixed frozen thawed (Brussels sprouts, cauliflower and carrots)
- 8 oz mushrooms quartered
- 0.3 cup onions red chopped
- 0.8 cup red wine vinaigrette dressing kraft

### Equipment

### Directions

Cut Brussels sprouts in half; mix with remaining ingredients. Cover.

Refrigerate at least 3 hours or up to 24 hours.

## Nutrition Facts

**PROTEIN 9.43%** **FAT 56.04%** **CARBS 34.53%**

### Properties

Glycemic Index:10.4, Glycemic Load:4.11, Inflammation Score:-10, Nutrition Score:10.757826036733%

### Flavonoids

Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

### Nutrients (% of daily need)

Calories: 148.84kcal (7.44%), Fat: 9.95g (15.3%), Saturated Fat: 1.81g (11.3%), Carbohydrates: 13.79g (4.6%), Net Carbohydrates: 9.87g (3.59%), Sugar: 1.09g (1.21%), Cholesterol: 0mg (0%), Sodium: 44.12mg (1.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.53%), Vitamin A: 4606.76IU (92.14%), Vitamin K: 18.54µg (17.66%), Fiber: 3.92g (15.69%), Vitamin C: 10.21mg (12.37%), Manganese: 0.24mg (11.86%), Vitamin B2: 0.17mg (9.96%), Vitamin B3: 1.96mg (9.8%), Vitamin B1: 0.13mg (8.73%), Copper: 0.16mg (7.9%), Potassium: 271.78mg (7.77%), Folate: 30.92µg (7.73%), Phosphorus: 74.19mg (7.42%), Magnesium: 24.21mg (6.05%), Vitamin E: 0.87mg (5.78%), Vitamin B6: 0.12mg (5.77%), Iron: 0.98mg (5.46%), Vitamin B5: 0.49mg (4.92%), Selenium: 2.79µg (3.99%), Zinc: 0.53mg (3.55%), Calcium: 24.28mg (2.43%)