

Fire and Ice Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



71 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon cayenne pepper
- ☐ 1.5 teaspoons celery salt
- ☐ 1 large cucumber
- ☐ 1 bell pepper green sliced in rings
- ☐ 0.1 teaspoon ground pepper black
- ☐ 1.5 teaspoons mustard seed
- ☐ 1 onion red sliced in rings
- ☐ 6 large tomatoes peeled quartered

- ☐ 0.3 cup water
- ☐ 4.5 teaspoons sugar white
- ☐ 0.8 cup citrus champagne vinegar

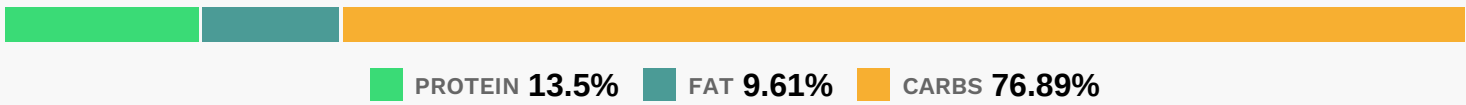
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In a large bowl, combine the tomatoes, bell peppers and onions.
- ☐ Prepare the dressing in a saucepan by combining the vinegar, celery salt, mustard seed, sugar, cayenne pepper, black pepper and water. Boil for 1 minute and pour hot dressing over vegetables. Refrigerate until chilled.
- ☐ Before serving, peel and slice cucumber; add to vegetables and toss.

Nutrition Facts



Properties

Glycemic Index:37.35, Glycemic Load:4.5, Inflammation Score:-8, Nutrition Score:10.393913030624%

Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg

Nutrients (% of daily need)

Calories: 70.93kcal (3.55%), Fat: 0.78g (1.2%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 14.05g (4.68%), Net Carbohydrates: 10.78g (3.92%), Sugar: 9.73g (10.81%), Cholesterol: 0mg (0%), Sodium: 595.76mg (25.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.93%), Vitamin C: 43.96mg (53.29%), Vitamin A: 1641.21IU (32.82%), Vitamin K: 19.42µg (18.5%), Manganese: 0.33mg (16.46%), Potassium: 575.04mg (16.43%), Fiber: 3.27g (13.09%), Vitamin B6: 0.24mg (12%), Folate: 40.57µg (10.14%), Copper: 0.17mg (8.58%), Magnesium: 33.65mg (8.41%), Vitamin E: 1.12mg (7.5%), Vitamin B1: 0.11mg (7.18%), Phosphorus: 71.55mg (7.16%), Vitamin B3: 1.25mg

(6.27%), Iron: 0.92mg (5.1%), Calcium: 35.65mg (3.57%), Vitamin B2: 0.06mg (3.51%), Zinc: 0.5mg (3.36%), Vitamin B5: 0.32mg (3.23%), Selenium: 1.72µg (2.46%)