

Five-Layer Salad



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



116 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup peas sweet frozen
- ☐ 1 tablespoon water
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 0.3 cup mayonnaise reduced-fat (do not use salad dressing)
- ☐ 1 tablespoon apple cider vinegar
- ☐ 2 teaspoons sugar
- ☐ 0.5 teaspoon salt
- ☐ 3 cups coleslaw mix shredded (from 16-oz bag) (cabbage and carrots)

- ☐ 1 cup carrots shredded (2 medium)
- ☐ 1 cup cherry tomatoes halved

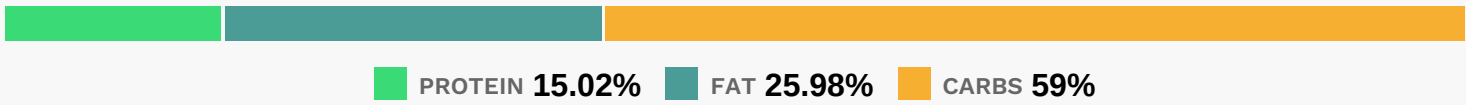
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ In small microwavable bowl, place peas and water. Cover with microwavable plastic wrap, folding back one edge 1/4 inch to vent steam. Microwave on High 4 to 6 minutes, stirring after 2 minutes, until tender; drain.
- ☐ Let stand until cool.
- ☐ Meanwhile, in small bowl, mix yogurt, mayonnaise, vinegar, sugar and salt.
- ☐ In 1 1/2- or 2-quart glass bowl, layer coleslaw mix, carrots, tomatoes and peas.
- ☐ Spread mayonnaise mixture over top. Refrigerate 15 minutes. Toss gently before serving.

Nutrition Facts



Properties

Glycemic Index:61.31, Glycemic Load:4.59, Inflammation Score:-10, Nutrition Score:16.194347713305%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 115.55kcal (5.78%), Fat: 3.47g (5.33%), Saturated Fat: 0.57g (3.54%), Carbohydrates: 17.71g (5.9%), Net Carbohydrates: 13.18g (4.79%), Sugar: 10.26g (11.4%), Cholesterol: 2.65mg (0.88%), Sodium: 460.02mg (20%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.02%), Vitamin A: 5868.06IU (117.36%), Vitamin K: 61.72µg (58.78%), Vitamin C: 44.28mg (53.67%), Fiber: 4.54g (18.14%), Manganese: 0.33mg (16.48%), Folate:

60.07µg (15.02%), Potassium: 420.55mg (12.02%), Vitamin B1: 0.17mg (11.59%), Phosphorus: 108.88mg (10.89%), Vitamin B6: 0.21mg (10.55%), Calcium: 86.76mg (8.68%), Vitamin B2: 0.14mg (8.46%), Magnesium: 29.85mg (7.46%), Vitamin B3: 1.42mg (7.1%), Iron: 1.18mg (6.54%), Copper: 0.12mg (6.15%), Zinc: 0.88mg (5.89%), Vitamin E: 0.85mg (5.68%), Vitamin B5: 0.42mg (4.23%), Selenium: 2.14µg (3.06%), Vitamin B12: 0.12µg (2.08%)