



Fresh-from-the-Garden Vegetable Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



82 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup bell pepper strips yellow
- ☐ 0.8 pound carrots cut into 3 1/2 x 1/4-inch sticks
- ☐ 2 tablespoons cider vinegar
- ☐ 2 tablespoons dijon mustard
- ☐ 0.8 pound green beans trimmed
- ☐ 0.3 cup onion finely chopped
- ☐ 0.8 teaspoon salt
- ☐ 1 tablespoon sugar

- ☐ 1 tablespoon vegetable oil
- ☐ 4 quarts water

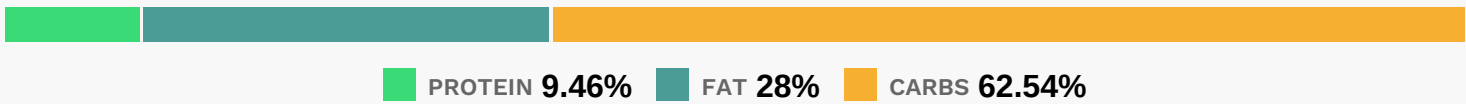
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring the water to a boil in an 8-quart stockpot.
- ☐ Add beans; cook for 1 minute.
- ☐ Add carrots; cook mixture 2 minutes or until crisp-tender.
- ☐ Drain; place vegetables in ice water.
- ☐ Let stand 1 minute or until cool; drain.
- ☐ Combine sugar, vinegar, mustard, oil, and salt in a large bowl; stir well with a whisk.
- ☐ Add beans, carrots, bell pepper, and onion; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:43.65, Glycemic Load:4.48, Inflammation Score:-10, Nutrition Score:14.425217545551%

Flavonoids

Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg

Nutrients (% of daily need)

Calories: 82.03kcal (4.1%), Fat: 2.76g (4.25%), Saturated Fat: 0.42g (2.6%), Carbohydrates: 13.88g (4.63%), Net Carbohydrates: 10.21g (3.71%), Sugar: 6.91g (7.67%), Cholesterol: 0mg (0%), Sodium: 420.79mg (18.3%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.1g (4.2%), Vitamin A: 9916.72IU (198.33%), Vitamin C: 56.35mg (68.3%),

Vitamin K: 36.13µg (34.41%), Fiber: 3.67g (14.68%), Manganese: 0.28mg (13.77%), Potassium: 374.7mg (10.71%),
Vitamin B6: 0.21mg (10.57%), Copper: 0.2mg (9.96%), Folate: 37.56µg (9.39%), Magnesium: 33.59mg (8.4%),
Vitamin B1: 0.1mg (6.89%), Calcium: 66.58mg (6.66%), Vitamin B3: 1.23mg (6.15%), Vitamin B2: 0.1mg (6.09%),
Phosphorus: 55.08mg (5.51%), Iron: 0.98mg (5.42%), Vitamin E: 0.81mg (5.41%), Vitamin B5: 0.35mg (3.47%),
Selenium: 2.22µg (3.17%), Zinc: 0.42mg (2.82%)