



Fresh Vegetable Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



195 min.

SERVINGS



15

CALORIES



47 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup broccoli chopped
- 1 cup carrots chopped
- 1 cup bell pepper red chopped
- 0.5 cup red wine vinaigrette dressing kraft
- 1 cup zucchini chopped

Equipment

- bowl

Directions

Mix all ingredients in large bowl. Refrigerate several hours or until chilled.

Nutrition Facts

  
 **PROTEIN 3.59%**  **FAT 77.98%**  **CARBS 18.43%**

Properties

Glycemic Index:8.39, Glycemic Load:0.5, Inflammation Score:-8, Nutrition Score:4.5521739410317%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 46.9kcal (2.34%), Fat: 4.27g (6.57%), Saturated Fat: 0.78g (4.88%), Carbohydrates: 2.27g (0.76%), Net Carbohydrates: 1.59g (0.58%), Sugar: 1.34g (1.48%), Cholesterol: 0mg (0%), Sodium: 8.97mg (0.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.89%), Vitamin A: 1789.67IU (35.79%), Vitamin C: 19.93mg (24.16%), Vitamin K: 16.19µg (15.42%), Vitamin E: 0.65mg (4.35%), Vitamin B6: 0.06mg (3.22%), Folate: 11.87µg (2.97%), Fiber: 0.68g (2.73%), Potassium: 89.05mg (2.54%), Manganese: 0.05mg (2.51%), Vitamin B2: 0.03mg (1.65%), Vitamin B3: 0.26mg (1.28%), Vitamin B1: 0.02mg (1.26%), Phosphorus: 12.58mg (1.26%), Magnesium: 4.94mg (1.23%), Vitamin B5: 0.11mg (1.05%)