



Healthified Layered Vegetable Salad

 Gluten Free

READY IN



20 min.

SERVINGS



10

CALORIES



128 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups broccoli florets
- 0.8 cup buttermilk
- 1 cup carrots shredded
- 1 cup celery stalks thinly sliced
- 6 slices bacon crumbled cooked drained
- 5 tablespoons spring onion thinly sliced
- 1 teaspoon juice of lemon
- 0.5 teaspoon lemon zest shredded finely

- 0.8 cup mayonnaise reduced-fat
- 2 oz cheddar cheese shredded reduced-fat
- 2 cups peas fresh sweet green frozen cooked drained giant®
- 0.3 teaspoon pepper
- 1 medium bell pepper red cut into thin bite-size strips
- 6 cups the salad mixed italian such as blend

Equipment

- bowl

Directions

- Place salad greens in large salad bowl. In order given, layer remaining salad ingredients over greens.
- In small bowl, mix all dressing ingredients except cheese until well blended. Spoon dressing over salad; sprinkle with cheese. Toss salad to coat.

Nutrition Facts



Properties

Glycemic Index:28.22, Glycemic Load:2.28, Inflammation Score:-9, Nutrition Score:13.958260795344%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 127.93kcal (6.4%), Fat: 6.7g (10.31%), Saturated Fat: 1.8g (11.28%), Carbohydrates: 11.32g (3.77%), Net Carbohydrates: 8.32g (3.03%), Sugar: 4.79g (5.32%), Cholesterol: 10.61mg (3.54%), Sodium: 304.76mg (13.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.4g (12.81%), Vitamin A: 3249.42IU (64.99%), Vitamin C:

50.59mg (61.32%), Vitamin K: 46.39µg (44.18%), Folate: 54.98µg (13.74%), Phosphorus: 127.82mg (12.78%), Manganese: 0.25mg (12.45%), Fiber: 3g (12%), Vitamin B1: 0.15mg (10.23%), Vitamin B6: 0.2mg (9.86%), Potassium: 328.7mg (9.39%), Vitamin B2: 0.15mg (8.95%), Vitamin B3: 1.67mg (8.35%), Selenium: 5.52µg (7.88%), Calcium: 76.33mg (7.63%), Magnesium: 25.37mg (6.34%), Vitamin E: 0.9mg (6.01%), Zinc: 0.9mg (6.01%), Iron: 0.97mg (5.38%), Copper: 0.1mg (5.03%), Vitamin B5: 0.41mg (4.07%), Vitamin B12: 0.16µg (2.72%), Vitamin D: 0.26µg (1.73%)