




 **77%**  
HEALTH SCORE

# Huge Rainbow Salad


 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN




**30 min.**

SERVINGS



**4**

CALORIES



**125 kcal**

**SIDE DISH** **ANTIPASTI** **STARTER** **SNACK**

## Ingredients

- 1 avocado pitted peeled sliced
- 0.3 cup olives black
- 0.3 cup broccoli florets
- 0.3 cup cauliflower florets
- 1 cup torn lettuce
- 0.3 cup orange bell pepper thinly sliced
- 0.3 cup bell pepper red thinly sliced
- 1 cup spinach leaves fresh

- 1 cup strawberries fresh sliced
- 1 cup button mushrooms white sliced
- 0.3 cup bell pepper yellow thinly sliced

## Equipment

- bowl

## Directions

- Combine spinach and lettuce in the bottom of a large salad bowl. Top with strawberries, mushrooms, avocado, black olives, hard-boiled eggs, red bell pepper, yellow bell pepper, orange bell pepper, broccoli, and cauliflower.

## Nutrition Facts



**PROTEIN 8.67%** **FAT 58.58%** **CARBS 32.75%**

## Properties

Glycemic Index:76, Glycemic Load:1.86, Inflammation Score:-9, Nutrition Score:16.513478412576%

## Flavonoids

Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg Galliccatechin: 0.01mg, Galliccatechin: 0.01mg, Galliccatechin: 0.01mg, Galliccatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 124.53kcal (6.23%), Fat: 9.04g (13.9%), Saturated Fat: 1.3g (8.1%), Carbohydrates: 11.36g (3.79%), Net Carbohydrates: 5.63g (2.05%), Sugar: 4g (4.44%), Cholesterol: 0mg (0%), Sodium: 149.11mg (6.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.02%), Vitamin C: 78.32mg (94.94%), Vitamin K: 59.71µg (56.86%), Vitamin A: 1541.69IU (30.83%), Fiber: 5.73g (22.94%), Folate: 91.58µg (22.9%), Manganese: 0.36mg (18.24%), Potassium: 541.59mg (15.47%), Vitamin B6: 0.29mg (14.36%), Vitamin E: 2mg (13.31%), Vitamin B2: 0.22mg (12.8%), Vitamin B5: 1.27mg (12.74%), Copper: 0.23mg (11.59%), Vitamin B3: 2.31mg (11.55%), Magnesium: 35.01mg (8.75%), Phosphorus: 76.6mg (7.66%), Vitamin B1: 0.1mg (6.44%), Iron: 1.05mg (5.85%), Zinc: 0.67mg (4.46%), Selenium: 2.97µg (4.25%), Calcium: 33.94mg (3.39%)