



## Italian-Marinated Vegetable Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



195 min.

SERVINGS



15

CALORIES



56 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 cup chickpeas canned rinsed (garbanzo beans)
- 2 cups cauliflower florets
- 1 cup cherry tomatoes halved
- 0.5 lb green beans fresh trimmed cut in half
- 1 cup pimento-stuffed olives green sliced
- 0.5 cup tuscan house dressing italian kraft
- 0.3 cup sun-dried tomatoes thinly sliced

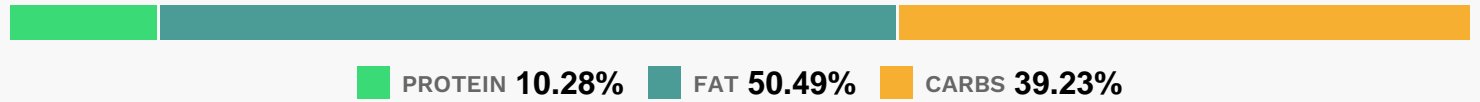
## Equipment

- bowl
- sauce pan

## Directions

- Cook beans and cauliflower in boiling water in large saucepan 3 to 5 min. or until crisp-tender; drain. Rinse under cold water; drain again.
- Place bean mixture in large bowl.
- Add remaining ingredients; mix lightly.
- Refrigerate 3 hours or until chilled.

## Nutrition Facts



## Properties

Glycemic Index:9.89, Glycemic Load:1.06, Inflammation Score:-3, Nutrition Score:4.1639130219169%

## Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

## Nutrients (% of daily need)

Calories: 56.01kcal (2.8%), Fat: 3.38g (5.2%), Saturated Fat: 0.47g (2.94%), Carbohydrates: 5.91g (1.97%), Net Carbohydrates: 4.16g (1.51%), Sugar: 2.58g (2.87%), Cholesterol: 0mg (0%), Sodium: 256.54mg (11.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.1%), Vitamin C: 11.3mg (13.69%), Vitamin K: 14.15µg (13.47%), Manganese: 0.19mg (9.47%), Fiber: 1.75g (6.99%), Vitamin B6: 0.12mg (5.97%), Potassium: 182.41mg (5.21%), Folate: 18.13µg (4.53%), Vitamin E: 0.64mg (4.29%), Vitamin A: 208.75IU (4.18%), Copper: 0.08mg (3.91%), Magnesium: 14.56mg (3.64%), Iron: 0.64mg (3.58%), Phosphorus: 31.2mg (3.12%), Vitamin B1: 0.04mg (2.62%), Vitamin B3: 0.44mg (2.22%), Vitamin B2: 0.04mg (2.18%), Calcium: 21.16mg (2.12%), Vitamin B5: 0.21mg (2.09%), Zinc: 0.21mg (1.38%), Selenium: 0.78µg (1.11%)