



WHATSheATE



Italian Olive and Peppers Salad



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



185 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



6 tablespoons olive oil



2 tablespoons red wine vinegar



0.3 teaspoon salt



0.5 teaspoon sugar



1 clove garlic finely chopped



10 oz baby greens



0.5 cup parsley fresh italian chopped (flat-leaf)



2 small zucchini thinly sliced

- ☐ 12 oz marinated artichoke drained chopped
- ☐ 1.5 cups pepperoncini peppers italian drained chopped (peppers) (from 16-oz jar)
- ☐ 1 cup olive green pitted halved
- ☐ 1 serving cracked wheat

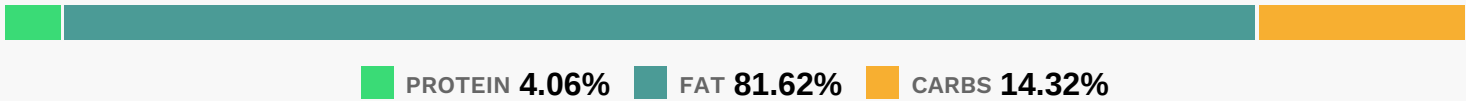
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In small bowl, mix vinaigrette ingredients with wire whisk, or shake in jar with tight-fitting cover.
- ☐ In large bowl, place salad ingredients.
- ☐ Drizzle salad with vinaigrette; toss to coat.
- ☐ Sprinkle with pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.39, Glycemic Load:0.34, Inflammation Score:-10, Nutrition Score:14.711304268111%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 185.4kcal (9.27%), Fat: 17.25g (26.54%), Saturated Fat: 2.27g (14.2%), Carbohydrates: 6.81g (2.27%), Net Carbohydrates: 3.43g (1.25%), Sugar: 2.41g (2.68%), Cholesterol: 0mg (0%), Sodium: 508.41mg (22.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.86%), Vitamin K: 107.86µg (102.73%), Vitamin A: 4032.1IU (80.64%),

Vitamin C: 39.98mg (48.46%), Folate: 68.23µg (17.06%), Vitamin E: 2.43mg (16.17%), Fiber: 3.38g (13.54%), Vitamin B6: 0.17mg (8.53%), Potassium: 255.5mg (7.3%), Manganese: 0.14mg (7.23%), Iron: 1.27mg (7.05%), Magnesium: 18.2mg (4.55%), Vitamin B1: 0.07mg (4.34%), Calcium: 43.18mg (4.32%), Copper: 0.08mg (4.1%), Vitamin B2: 0.07mg (4.08%), Phosphorus: 33.44mg (3.34%), Vitamin B3: 0.62mg (3.12%), Vitamin B5: 0.19mg (1.93%), Zinc: 0.29mg (1.91%)