

food
network



86%

HEALTH SCORE

Kaleidoscope Salad



Vegetarian



Gluten Free



Very Healthy

READY IN



20 min.

SERVINGS



6

CALORIES



468 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5.5 cups buttermilk
- ☐ 3 stalks celery scrubbed sliced
- ☐ 6 garlic chives white green chopped
- ☐ 8 ounce cranberries dried
- ☐ 2 cucumbers english peeled sliced
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 tablespoons parsley leaves fresh chopped
- ☐ 8 ounce peas fresh frozen drained

- ☐ 2 cloves garlic peeled quartered
- ☐ 1 pint grape tomatoes halved
- ☐ 1 head iceberg lettuce dried with a salad spinner, and torn into bite-sized pieces rinsed
- ☐ 2 limes
- ☐ 6 servings bell pepper
- ☐ 16 ounce pineapple chunks in juice drained canned
- ☐ 1 slices onion red thinly sliced quartered
- ☐ 6 servings salt
- ☐ 1 pound pkt spinach dried fresh
- ☐ 8 ounce regular corn fresh sweet frozen cooled boiled husked drained for 15 minutes in salt water, and cut from cob preferably Shoe-Peg
- ☐ 2 large tomatoes ripe cut into wedges

Equipment

- ☐ blender
- ☐ microwave

Directions

- ☐ Microwave limes for about 30 seconds to release essential oils, and set aside just long enough so that they are cool enough to handle.
- ☐ Turn on the blender and while it's running, add 1 at a time through the feed tube, the parsley, chives, and garlic, and blend together until a smooth paste has formed. At this point the limes should be cool enough to squeeze. With the power still on, squeeze the lime juice through the blender feed-tube, and then very slowly add the buttermilk until the mixture thickens and can coat the back of a spoon. Adjust the seasoning with salt and pepper. Set aside in refrigerator until needed. (When chilled, the dressing should resemble something like mayonnaise.)
- ☐ Toss together lettuce, spinach, onion, celery, chives, and cucumbers. Fold in peas, corn, pineapple, cranberries, grape tomatoes, and tomato wedges.
- ☐ Serve family style with dressing on the side.

Nutrition Facts



 **PROTEIN 13.18%**  **FAT 16.89%**  **CARBS 69.93%**

Properties

Glycemic Index:90.97, Glycemic Load:12.71, Inflammation Score:-10, Nutrition Score:43.8426086177%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg Naringenin: 1.71mg, Naringenin: 1.71mg, Naringenin: 1.71mg, Naringenin: 1.71mg Apigenin: 3.56mg, Apigenin: 3.56mg, Apigenin: 3.56mg, Apigenin: 3.56mg Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 5.51mg, Kaempferol: 5.51mg, Kaempferol: 5.51mg, Kaempferol: 5.51mg Myricetin: 1.62mg, Myricetin: 1.62mg, Myricetin: 1.62mg, Myricetin: 1.62mg Quercetin: 7.76mg, Quercetin: 7.76mg, Quercetin: 7.76mg, Quercetin: 7.76mg

Nutrients (% of daily need)

Calories: 467.54kcal (23.38%), Fat: 9.64g (14.83%), Saturated Fat: 4.52g (28.28%), Carbohydrates: 89.79g (29.93%), Net Carbohydrates: 76.16g (27.7%), Sugar: 64.18g (71.31%), Cholesterol: 24.2mg (8.07%), Sodium: 527.88mg (22.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.92g (33.85%), Vitamin K: 463.6µg (441.52%), Vitamin A: 12229.59IU (244.59%), Vitamin C: 175.95mg (213.28%), Manganese: 1.49mg (74.56%), Folate: 296.54µg (74.14%), Fiber: 13.63g (54.51%), Potassium: 1862.83mg (53.22%), Vitamin B2: 0.79mg (46.22%), Vitamin B6: 0.86mg (43.19%), Calcium: 426.78mg (42.68%), Magnesium: 165.99mg (41.5%), Phosphorus: 410.07mg (41.01%), Vitamin B1: 0.55mg (36.83%), Vitamin E: 4.82mg (32.14%), Iron: 4.86mg (26.98%), Copper: 0.53mg (26.61%), Vitamin B3: 4.51mg (22.54%), Vitamin B5: 2.13mg (21.25%), Zinc: 2.9mg (19.36%), Vitamin D: 2.86µg (19.07%), Vitamin B12: 1.01µg (16.87%), Selenium: 10.99µg (15.7%)