



Layered Gazpacho Salad



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



9

CALORIES



72 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup canola oil
- ☐ 0.3 cup red wine vinegar
- ☐ 2 tablespoons juice of lemon
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 1 clove garlic finely chopped
- ☐ 1 bag lettuce
- ☐ 2 cups tomatoes diced

- ☐ 2 cups cucumber diced
- ☐ 1 cup bell pepper green chopped
- ☐ 0.5 cup onion red finely chopped
- ☐ 2 hardboiled eggs chopped
- ☐ 1 cup croutons

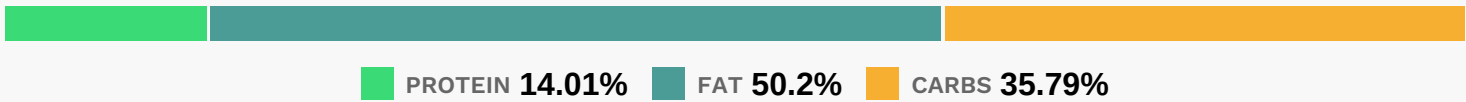
Equipment

- ☐ bowl

Directions

- ☐ In tightly covered container, shake all vinaigrette ingredients until well blended.
- ☐ In large glass bowl, layer lettuce, tomatoes, cucumbers, bell pepper and onion.
- ☐ Pour vinaigrette over top. Cover and refrigerate 1 to 2 hours to blend flavors.
- ☐ Sprinkle eggs and croutons over salad. Toss before serving.

Nutrition Facts



Properties

Glycemic Index:28.44, Glycemic Load:2.32, Inflammation Score:-4, Nutrition Score:5.1217391231786%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 71.81kcal (3.59%), Fat: 4.05g (6.23%), Saturated Fat: 0.63g (3.91%), Carbohydrates: 6.5g (2.17%), Net Carbohydrates: 5.26g (1.91%), Sugar: 2.27g (2.52%), Cholesterol: 41.44mg (13.81%), Sodium: 299.17mg (13.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.09%), Vitamin C: 20.88mg (25.31%), Vitamin A: 417.4IU (8.35%), Vitamin K: 7.94µg (7.56%), Selenium: 4.8µg (6.86%), Manganese: 0.13mg (6.37%), Folate: 22.46µg (5.61%),

Vitamin B6: 0.11mg (5.47%), Vitamin E: 0.81mg (5.38%), Potassium: 187.06mg (5.34%), Vitamin B2: 0.09mg (5.16%),
Fiber: 1.24g (4.96%), Phosphorus: 44.4mg (4.44%), Vitamin B1: 0.06mg (4.31%), Copper: 0.06mg (3.25%),
Magnesium: 12.54mg (3.13%), Vitamin B5: 0.3mg (3.05%), Iron: 0.54mg (3.02%), Vitamin B3: 0.49mg (2.46%),
Calcium: 20.87mg (2.09%), Vitamin B12: 0.12µg (2.06%), Zinc: 0.3mg (1.99%), Vitamin D: 0.24µg (1.63%)