



Layered Vegetable Salad



Gluten Free

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READY IN

ready

15 min.

SERVINGS

servings

12

CALORIES

calories

261 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups celery sliced
- ☐ 1 cup cheese grated
- ☐ 12 hardboiled eggs cooked peeled chopped
- ☐ 1 head iceberg lettuce shredded
- ☐ 1 cup mayonnaise
- ☐ 2 cups mushrooms sliced
- ☐ 2 cups orange peppers sweet chopped

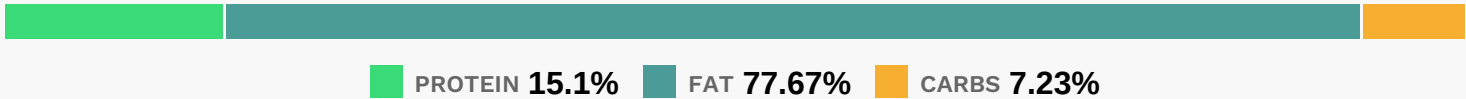
Equipment

☐ bowl

Directions

- ☐ Place half of the lettuce in the bottom of a large bowl.
- ☐ Add a layer each of half of the peppers, mushrooms and celery.
- ☐ Spread 1/2 cup mayonnaise over the celery.
- ☐ Layer remaining lettuce, peppers, mushrooms and celery.
- ☐ Top with eggs, then spread remaining mayonnaise over eggs.
- ☐ Sprinkle cheese over mayonnaise, then top with bacon bits, if using.
- ☐ Refrigerate for 24 hours.

Nutrition Facts



Properties

Glycemic Index:17.08, Glycemic Load:0.87, Inflammation Score:-7, Nutrition Score:13.710869478143%

Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 261.48kcal (13.07%), Fat: 22.69g (34.91%), Saturated Fat: 5.66g (35.4%), Carbohydrates: 4.75g (1.58%), Net Carbohydrates: 3.26g (1.19%), Sugar: 3.17g (3.52%), Cholesterol: 203.76mg (67.92%), Sodium: 261.87mg (11.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.92g (19.85%), Vitamin K: 47.78µg (45.5%), Vitamin C: 33.9mg (41.09%), Vitamin A: 1445.08IU (28.9%), Selenium: 20.12µg (28.74%), Vitamin B2: 0.41mg (23.99%), Phosphorus: 166.29mg (16.63%), Folate: 58.14µg (14.53%), Vitamin B5: 1.17mg (11.71%), Vitamin E: 1.72mg (11.45%), Vitamin B12: 0.68µg (11.39%), Calcium: 110.11mg (11.01%), Vitamin B6: 0.19mg (9.44%), Vitamin D: 1.23µg (8.17%), Potassium: 284.36mg (8.12%), Zinc: 1.13mg (7.55%), Manganese: 0.12mg (6.2%), Fiber: 1.49g (5.96%), Iron: 1.05mg (5.85%), Vitamin B1: 0.09mg (5.73%), Vitamin B3: 0.97mg (4.83%), Magnesium: 17.15mg (4.29%), Copper: 0.09mg (4.27%)