



Layered Vegetable Salad with Parmesan Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



158 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups broccoli flowerets chopped
- ☐ 10 ounce carrots shredded
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 10 servings parmesan dressing
- ☐ 2 large bell peppers red cut into 1-inch pieces
- ☐ 5 small baby squash yellow sliced

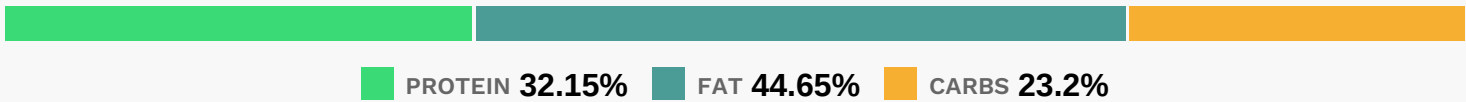
Equipment

☐ bowl

Directions

- ☐ Layer half each of first 5 ingredients and, if desired, green onions in a 3-quart glass bowl.
- ☐ Spread half of Parmesan Dressing over top; repeat layers. Cover and chill 8 hours.

Nutrition Facts



Properties

Glycemic Index:20.18, Glycemic Load:2.39, Inflammation Score:-10, Nutrition Score:19.369565289953%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 158.16kcal (7.91%), Fat: 8.16g (12.56%), Saturated Fat: 5.01g (31.3%), Carbohydrates: 9.54g (3.18%), Net Carbohydrates: 6.73g (2.45%), Sugar: 5.01g (5.56%), Cholesterol: 20.4mg (6.8%), Sodium: 509.6mg (22.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.22g (26.45%), Vitamin A: 6224.99IU (124.5%), Vitamin C: 69.86mg (84.68%), Calcium: 384.65mg (38.47%), Phosphorus: 280.19mg (28.02%), Vitamin K: 25.58µg (24.36%), Vitamin B2: 0.34mg (19.97%), Vitamin B6: 0.34mg (17.24%), Folate: 54.63µg (13.66%), Selenium: 9.48µg (13.54%), Potassium: 469.84mg (13.42%), Manganese: 0.23mg (11.71%), Fiber: 2.82g (11.26%), Vitamin B3: 1.9mg (9.5%), Magnesium: 36.31mg (9.08%), Zinc: 1.34mg (8.91%), Vitamin B5: 0.85mg (8.49%), Vitamin B1: 0.11mg (7.15%), Copper: 0.14mg (6.94%), Vitamin E: 0.98mg (6.54%), Vitamin B12: 0.37µg (6.15%), Iron: 0.92mg (5.11%), Vitamin D: 0.2µg (1.3%)