



Lemony Sweet and Sour Tender Veggie Salad



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



16 min.

SERVINGS



4

CALORIES



276 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 pound carrots shredded match-stick style
- ☐ 5 ribs celery thinly sliced
- ☐ 20 leaves basil fresh with your hands roughly chopped
- ☐ 1.5 pounds green beans trimmed
- ☐ 2 tablespoons honey
- ☐ 2 lemon zest juiced
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 servings salt and pepper black freshly ground

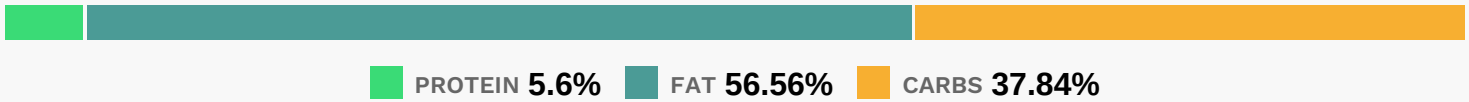
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Place a large skillet over high heat with 2 inches of water. Cover with a lid and bring up to a boil. While the water starts working make the dressing.
- ☐ In the bottom of a salad bowl combine the honey, lemon juice and zest, add a little salt and pepper.
- ☐ Pour in the extra-virgin olive oil in a slow steady stream while whisking. Reserve the dressing. Once the water has come up to a boil, add a little salt and all the veggies, stir them around in the water, count to 20 then drain thoroughly, add the hot veggies to the dressing in the bowl and toss to combine, let the veggies cool in the dressing. Once cooled add the basil, re-season with salt and pepper, to taste, and serve.

Nutrition Facts



Properties

Glycemic Index:69.78, Glycemic Load:9.9, Inflammation Score:-10, Nutrition Score:21.138260976128%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg

Nutrients (% of daily need)

Calories: 276.25kcal (13.81%), Fat: 18.62g (28.65%), Saturated Fat: 2.61g (16.32%), Carbohydrates: 28.03g (9.34%), Net Carbohydrates: 20.65g (7.51%), Sugar: 17.66g (19.62%), Cholesterol: 0mg (0%), Sodium: 90.41mg (3.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.3%), Vitamin A: 11004.23IU (220.08%), Vitamin K: 116.65µg (111.1%), Vitamin C: 30.02mg (36.39%), Fiber: 7.38g (29.54%), Manganese: 0.55mg (27.49%), Vitamin E: 3.83mg (25.51%), Folate: 87.22µg (21.81%), Potassium: 689.49mg (19.7%), Vitamin B6: 0.37mg (18.35%), Vitamin B2:

0.25mg (14.52%), Magnesium: 57.26mg (14.31%), Vitamin B1: 0.19mg (12.68%), Iron: 2.28mg (12.67%), Calcium: 111.34mg (11.13%), Vitamin B3: 2.01mg (10.07%), Phosphorus: 98.82mg (9.88%), Copper: 0.18mg (8.89%), Vitamin B5: 0.68mg (6.84%), Zinc: 0.66mg (4.41%), Selenium: 1.39µg (1.99%)