



Marinated Broccoli and Carrot Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



2

CALORIES



80 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 cups cauliflower florets
- 0.3 cup carrots sliced
- 1 tablespoon spring onion sliced
- 3 tablespoons salad dressing italian low-fat
- 2 romaine leaves

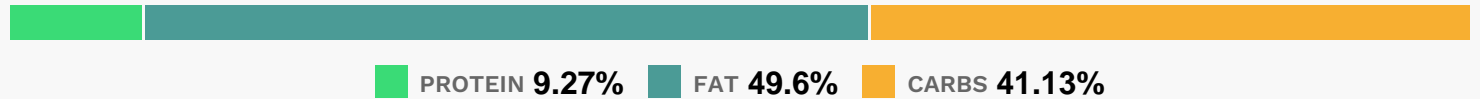
Equipment

- sauce pan

Directions

- In 1 1/2-quart saucepan, heat 1 inch water to boiling.
- Add broccoli, carrot and onion. Cover and heat to boiling; reduce heat. Boil 10 to 12 minutes or until broccoli is crisp-tender; drain.
- Toss vegetables with dressing. Cover and refrigerate about 1 hour or until chilled.
- Serve on lettuce leaves.

Nutrition Facts



Properties

Glycemic Index:55.42, Glycemic Load:1.27, Inflammation Score:-10, Nutrition Score:11.795217420744%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 80.27kcal (4.01%), Fat: 4.69g (7.21%), Saturated Fat: 0.72g (4.52%), Carbohydrates: 8.74g (2.91%), Net Carbohydrates: 6.48g (2.35%), Sugar: 4.77g (5.3%), Cholesterol: 0mg (0%), Sodium: 249.27mg (10.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.94%), Vitamin A: 4487.39IU (89.75%), Vitamin C: 42.06mg (50.98%), Vitamin K: 31.71µg (30.2%), Folate: 56.83µg (14.21%), Manganese: 0.22mg (11.12%), Vitamin B6: 0.2mg (9.97%), Potassium: 347.93mg (9.94%), Fiber: 2.27g (9.06%), Vitamin B5: 0.55mg (5.46%), Vitamin B1: 0.08mg (5.19%), Phosphorus: 49.82mg (4.98%), Vitamin E: 0.71mg (4.76%), Vitamin B2: 0.08mg (4.75%), Magnesium: 17.94mg (4.49%), Iron: 0.68mg (3.77%), Calcium: 35.31mg (3.53%), Vitamin B3: 0.68mg (3.38%), Copper: 0.04mg (2.15%), Zinc: 0.32mg (2.1%), Selenium: 1.05µg (1.5%)