



Marinated Broccoli and Carrot Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



2

CALORIES



84 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

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

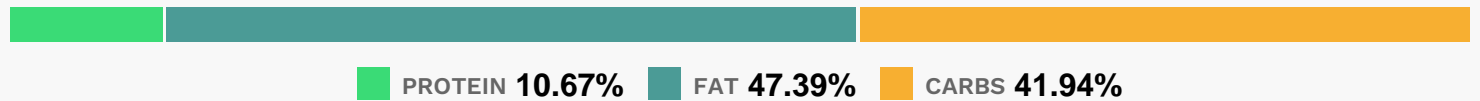
Equipment

- 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:1.41, Inflammation Score:-10, Nutrition Score:16.136956401493%

Flavonoids

Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 83.96kcal (4.2%), Fat: 4.72g (7.26%), Saturated Fat: 0.7g (4.38%), Carbohydrates: 9.4g (3.13%), Net Carbohydrates: 6.91g (2.51%), Sugar: 4.46g (4.95%), Cholesterol: 0mg (0%), Sodium: 248.55mg (10.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.78%), Vitamin A: 4898.57IU (97.97%), Vitamin K: 87.4µg (83.24%), Vitamin C: 64.78mg (78.53%), Folate: 55.66µg (13.91%), Manganese: 0.24mg (12.24%), Fiber: 2.48g (9.93%), Potassium: 332.24mg (9.49%), Vitamin B6: 0.18mg (8.84%), Vitamin E: 1.17mg (7.79%), Vitamin B2: 0.11mg (6.64%), Phosphorus: 60.38mg (6.04%), Vitamin B1: 0.09mg (5.82%), Magnesium: 20.55mg (5.14%), Calcium: 49.83mg (4.98%), Iron: 0.84mg (4.69%), Vitamin B5: 0.42mg (4.24%), Vitamin B3: 0.72mg (3.59%), Selenium: 2.25µg (3.21%), Zinc: 0.38mg (2.56%), Copper: 0.05mg (2.3%)