



Marinated Vegetable Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



1475 min.

SERVINGS



10

CALORIES



179 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups thinly celery chopped 4 stalks
- ☐ 16 ounces green beans fresh frozen drained
- ☐ 16 ounces peas fresh green frozen shelled drained
- ☐ 0.5 cup olive oil
- ☐ 2 ounce pimientos chopped
- ☐ 1 bell pepper red cored seeded chopped
- ☐ 1 cup red wine vinegar
- ☐ 1 teaspoon salt

- ☐ 1 cup sugar
- ☐ 2 small onions sweet thinly sliced

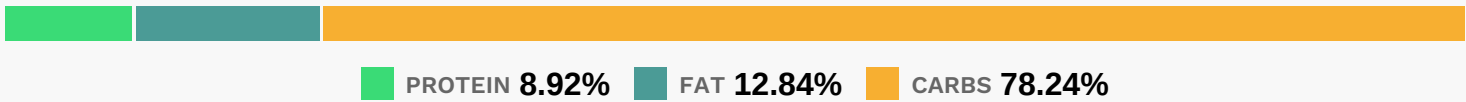
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ plastic wrap
- ☐ slotted spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ Bring the sugar and vinegar to a boil in a medium saucepan.
- ☐ Add the oil and salt and set aside to cool.
- ☐ Add to a bowl the green beans, peas, celery, pimientos, onions and bell peppers.
- ☐ Pour the vinegar mixture over the vegetables, cover with plastic wrap and marinate in the refrigerator for 24 hours.
- ☐ Serve with a slotted spoon to drain the excess oil.

Nutrition Facts



Properties

Glycemic Index:26.94, Glycemic Load:16.92, Inflammation Score:-8, Nutrition Score:12.549565387809%

Flavonoids

Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg Quercetin: 10.94mg, Quercetin: 10.94mg, Quercetin: 10.94mg, Quercetin: 10.94mg

Nutrients (% of daily need)

Calories: 179.42kcal (8.97%), Fat: 2.64g (4.06%), Saturated Fat: 0.37g (2.31%), Carbohydrates: 36.2g (12.07%), Net Carbohydrates: 31.17g (11.33%), Sugar: 28.22g (31.36%), Cholesterol: 0mg (0%), Sodium: 258.55mg (11.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.25%), Vitamin C: 48.57mg (58.88%), Vitamin K: 37.85µg (36.05%), Vitamin A: 1251.79IU (25.04%), Fiber: 5.03g (20.11%), Manganese: 0.38mg (19.04%), Folate: 71µg (17.75%), Vitamin B6: 0.29mg (14.37%), Vitamin B1: 0.2mg (13.05%), Potassium: 370.4mg (10.58%), Phosphorus: 93.93mg (9.39%), Magnesium: 36.72mg (9.18%), Iron: 1.64mg (9.09%), Vitamin B2: 0.15mg (8.65%), Copper: 0.16mg (8.14%), Vitamin B3: 1.58mg (7.88%), Vitamin E: 0.85mg (5.64%), Zinc: 0.83mg (5.53%), Calcium: 50.45mg (5.05%), Vitamin B5: 0.29mg (2.9%), Selenium: 1.62µg (2.32%)