



Marinated Vegetable Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



61 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 ounce olives black ripe drained sliced canned
- ☐ 16 ounce broccoli florets fresh
- ☐ 15 ounce garbanzo beans rinsed drained canned
- ☐ 1 medium carrots cut into thin strips
- ☐ 16 ounce cherry tomatoes
- ☐ 2 garlic clove chopped
- ☐ 3 spring onion chopped
- ☐ 0.5 cup olive oil

- ☐ 20 servings parsley fresh
- ☐ 0.3 teaspoon pepper
- ☐ 1 small bell pepper red chopped
- ☐ 0.3 cup red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1 cup snow peas
- ☐ 0.5 teaspoon sugar
- ☐ 1.5 teaspoons basil dried fresh chopped

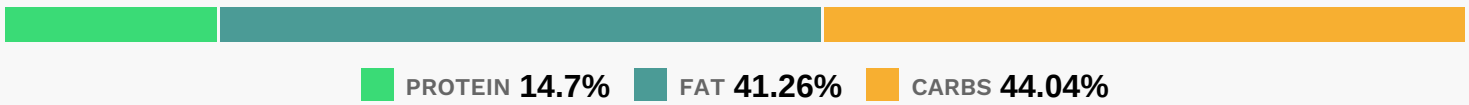
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Combine florets and next 7 ingredients in a large bowl.
- ☐ Process oil and next 6 ingredients in a blender until smooth; add to vegetables, tossing to coat. Cover and chill 5 hours.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:17.36, Glycemic Load:1.38, Inflammation Score:-8, Nutrition Score:11.352173872616%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 60.5kcal (3.02%), Fat: 2.97g (4.57%), Saturated Fat: 0.41g (2.55%), Carbohydrates: 7.14g (2.38%), Net Carbohydrates: 4.67g (1.7%), Sugar: 1.67g (1.86%), Cholesterol: 0mg (0%), Sodium: 265.33mg (11.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.77%), Vitamin K: 97µg (92.39%), Vitamin C: 39.05mg (47.33%), Vitamin A: 1323.08IU (26.46%), Manganese: 0.29mg (14.63%), Fiber: 2.47g (9.9%), Vitamin B6: 0.19mg (9.66%), Folate: 34.62µg (8.66%), Iron: 1.12mg (6.24%), Vitamin E: 0.93mg (6.2%), Potassium: 214.88mg (6.14%), Phosphorus: 47.3mg (4.73%), Magnesium: 18.64mg (4.66%), Copper: 0.09mg (4.37%), Calcium: 37.83mg (3.78%), Vitamin B1: 0.05mg (3.29%), Vitamin B5: 0.3mg (3.02%), Vitamin B2: 0.05mg (2.99%), Zinc: 0.36mg (2.43%), Vitamin B3: 0.48mg (2.38%), Selenium: 1.28µg (1.84%)