



Marinated-Vegetable Salad

 Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



72 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup bell pepper red (2-inch)
- ☐ 0.1 teaspoon pepper black
- ☐ 1 pound carrots diagonally sliced
- ☐ 0.3 teaspoon basil dried
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon oregano dried
- ☐ 0.5 ounce parmesan fresh finely grated

- ☐ 1 cup onion red vertically sliced
- ☐ 0.3 cup red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon water
- ☐ 2 cups zucchini (2-inch)

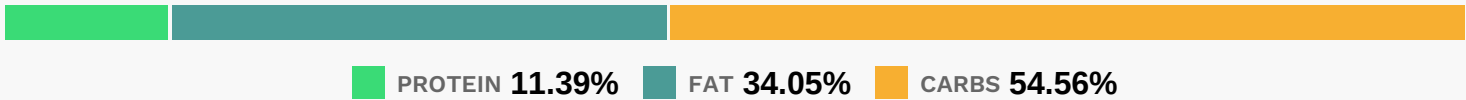
Equipment

- ☐ bowl
- ☐ whisk
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Place carrots in a microwave-safe dish; cover with plastic wrap. Microwave at high 4 minutes or until crisp-tender; cool.
- ☐ Place zucchini in a microwave-safe dish; cover with plastic wrap. Microwave at high 1 1/2 minutes or until crisp-tender; cool.
- ☐ Combine the sliced carrot, zucchini pieces, sliced onion, and bell pepper pieces in a large bowl.
- ☐ Combine the vinegar and the remaining ingredients in a small bowl, stirring with a whisk.
- ☐ Pour the vinegar mixture over the vegetables, tossing to coat. Cover the vegetables, and marinate in refrigerator for 2 hours.

Nutrition Facts



Properties

Glycemic Index:30.98, Glycemic Load:2.8, Inflammation Score:-10, Nutrition Score:11.162608746925%

Flavonoids

Apigenin: 1.24mg, Apigenin: 1.24mg, Apigenin: 1.24mg, Apigenin: 1.24mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg

Nutrients (% of daily need)

Calories: 72.31kcal (3.62%), Fat: 2.86g (4.4%), Saturated Fat: 0.68g (4.24%), Carbohydrates: 10.3g (3.43%), Net Carbohydrates: 7.45g (2.71%), Sugar: 5.4g (6%), Cholesterol: 1.38mg (0.46%), Sodium: 165.58mg (7.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.3%), Vitamin A: 11295.48IU (225.91%), Vitamin C: 26.28mg (31.86%), Vitamin K: 22.41µg (21.35%), Fiber: 2.85g (11.41%), Manganese: 0.21mg (10.69%), Potassium: 366.36mg (10.47%), Vitamin B6: 0.21mg (10.46%), Folate: 31.35µg (7.84%), Vitamin E: 0.96mg (6.38%), Phosphorus: 60.87mg (6.09%), Calcium: 60.57mg (6.06%), Vitamin B2: 0.09mg (5.54%), Vitamin B1: 0.08mg (5.1%), Magnesium: 19.77mg (4.94%), Vitamin B3: 0.95mg (4.73%), Iron: 0.58mg (3.24%), Vitamin B5: 0.32mg (3.24%), Copper: 0.06mg (3.15%), Zinc: 0.4mg (2.69%), Selenium: 0.72µg (1.03%)