



Marinated Vegetable Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



329 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 2 cups carrots thinly sliced
- ☐ 0.5 cup celery chopped
- ☐ 1 teaspoon celery seed
- ☐ 2 cups cucumbers peeled thinly sliced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 onion sliced into thin rings
- ☐ 1 teaspoon salt

- ☐ 1 cup distilled vinegar white
- ☐ 0.8 cup sugar white

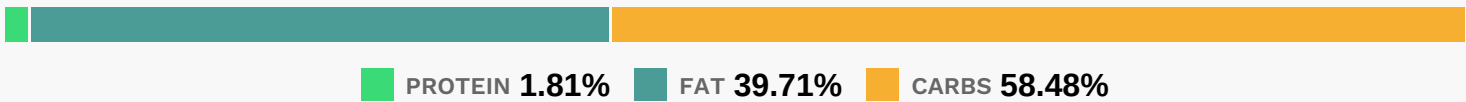
Equipment

- ☐ bowl

Directions

- ☐ Combine sugar, celery seeds, black pepper, vinegar, oil, and salt in a screw-top jar. Shake well to mix.
- ☐ Combine vegetables in large bowl.
- ☐ Pour dressing over vegetables, and stir gently. Cover, and refrigerate several hours or overnight.

Nutrition Facts



Properties

Glycemic Index:68.23, Glycemic Load:29.02, Inflammation Score:-10, Nutrition Score:11.205652148827%

Flavonoids

Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg Luteolin: 4.02mg, Luteolin: 4.02mg, Luteolin: 4.02mg, Luteolin: 4.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg

Nutrients (% of daily need)

Calories: 329.18kcal (16.46%), Fat: 14.56g (22.41%), Saturated Fat: 1.09g (6.82%), Carbohydrates: 48.25g (16.08%), Net Carbohydrates: 45.2g (16.44%), Sugar: 42.74g (47.49%), Cholesterol: 0mg (0%), Sodium: 640.56mg (27.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.99%), Vitamin A: 10798.58IU (215.97%), Vitamin K: 27.44µg (26.13%), Vitamin E: 2.94mg (19.6%), Manganese: 0.3mg (14.82%), Fiber: 3.05g (12.2%), Potassium: 380.68mg (10.88%), Vitamin C: 8.42mg (10.2%), Vitamin B6: 0.17mg (8.49%), Folate: 31.33µg (7.83%), Magnesium: 23.08mg (5.77%), Calcium: 56.31mg (5.63%), Copper: 0.11mg (5.41%), Vitamin B1: 0.08mg (5.34%), Phosphorus: 53.05mg (5.3%), Vitamin B2: 0.08mg (4.55%), Vitamin B5: 0.4mg (4.03%), Iron: 0.71mg (3.96%), Vitamin B3: 0.74mg (3.72%), Zinc: 0.38mg (2.53%), Selenium: 0.94µg (1.34%)