



HEALTH SCORE

90%

Mediterranean Chopped Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



65 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 0.3 cup flat-leaf parsley fresh minced
- ☐ 1 teaspoon kosher salt
- ☐ 1 cup orange bell pepper yellow chopped
- ☐ 2 cups bell pepper red chopped
- ☐ 0.3 cup onion red chopped
- ☐ 2 tablespoons red wine vinegar

- ☐ 6 cups romaine lettuce chopped
- ☐ 1 cup tomatoes seeded chopped
- ☐ 2 cups zucchini chopped

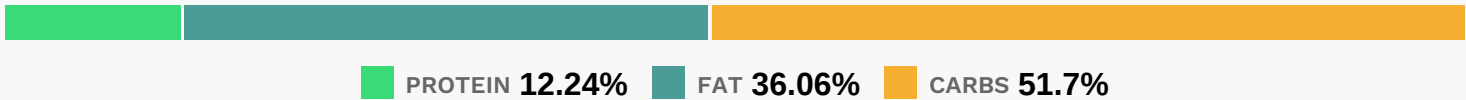
Equipment

- ☐ bowl

Directions

- ☐ Combine the first 10 ingredients in a large bowl; toss well. Cover and chill up to 1 hour. Arrange 1 cup lettuce on each of 6 small plates; top each serving with 2 cups bell pepper mixture.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.67, Glycemic Load:1.55, Inflammation Score:-10, Nutrition Score:19.687826024449%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg

Nutrients (% of daily need)

Calories: 65.31kcal (3.27%), Fat: 2.91g (4.48%), Saturated Fat: 0.44g (2.72%), Carbohydrates: 9.4g (3.13%), Net Carbohydrates: 5.86g (2.13%), Sugar: 5.77g (6.42%), Cholesterol: 0mg (0%), Sodium: 401.1mg (17.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.45%), Vitamin A: 6927.51IU (138.55%), Vitamin C: 112.05mg (135.82%), Vitamin K: 98.28µg (93.6%), Folate: 117.35µg (29.34%), Vitamin B6: 0.35mg (17.61%), Manganese: 0.3mg (14.89%), Fiber: 3.54g (14.15%), Potassium: 471.12mg (13.46%), Vitamin E: 1.78mg (11.87%), Vitamin B2: 0.14mg (8.44%), Vitamin B1: 0.11mg (7.22%), Magnesium: 28.33mg (7.08%), Iron: 1.22mg (6.81%), Vitamin B3: 1.26mg (6.28%), Phosphorus: 59.83mg (5.98%), Vitamin B5: 0.43mg (4.33%), Copper: 0.08mg (4.1%), Calcium: 36.62mg (3.66%), Zinc: 0.52mg (3.43%)