

Mixed Vegetable Salad II



Vegetarian



Vegan



Dairy Free

READY IN



395 min.

SERVINGS



8

CALORIES



143 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 ounce beans red drained and rinsed canned
- ☐ 0.3 cup celery chopped
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.3 cup bell pepper green chopped
- ☐ 8 ounces vegetables mixed
- ☐ 1 teaspoon mustard prepared
- ☐ 0.3 cup onion chopped
- ☐ 0.8 cup sugar white

☐ 0.5 cup citrus champagne vinegar

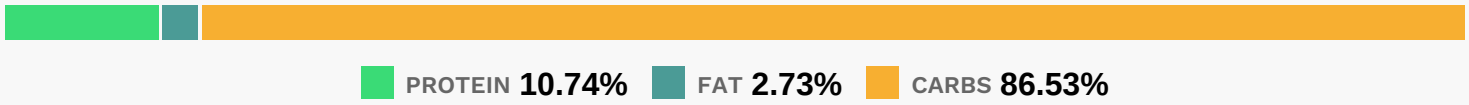
Equipment

- ☐ sauce pan
- ☐ mixing bowl

Directions

- ☐ In a mixing bowl, combine the mixed vegetables, beans, onion, celery and bell pepper.
- ☐ In a small sauce pan, combine vinegar, sugar, mustard and flour. Bring to boil, remove from heat and set aside to cool.
- ☐ Pour dressing over vegetables and toss. Refrigerate for at least 6 hours and serve.

Nutrition Facts



Properties

Glycemic Index:42.89, Glycemic Load:17.58, Inflammation Score:-8, Nutrition Score:6.0808696396973%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 143.39kcal (7.17%), Fat: 0.45g (0.69%), Saturated Fat: 0.08g (0.47%), Carbohydrates: 31.94g (10.65%), Net Carbohydrates: 27.72g (10.08%), Sugar: 20.07g (22.3%), Cholesterol: 0mg (0%), Sodium: 160.54mg (6.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.93%), Vitamin A: 1471.53IU (29.43%), Fiber: 4.22g (16.87%), Manganese: 0.26mg (12.79%), Vitamin C: 7.66mg (9.29%), Phosphorus: 79.09mg (7.91%), Vitamin B1: 0.11mg (7.01%), Folate: 26.35µg (6.59%), Potassium: 230.1mg (6.57%), Magnesium: 25.17mg (6.29%), Iron: 1.1mg (6.09%), Copper: 0.12mg (5.76%), Vitamin B6: 0.09mg (4.47%), Vitamin B2: 0.07mg (4.28%), Vitamin B3: 0.71mg (3.57%), Vitamin K: 3.48µg (3.32%), Zinc: 0.49mg (3.28%), Calcium: 27mg (2.7%), Selenium: 1.38µg (1.97%), Vitamin B5: 0.14mg (1.4%)