



Mom's Marinated Vegetables



Gluten Free



Dairy Free

READY IN



520 min.

SERVINGS



12

CALORIES



156 kcal

SIDE DISH

Ingredients

- ☐ 1 cup broccoli florets
- ☐ 1 pound carrots peeled sliced
- ☐ 1 cup cauliflower florets
- ☐ 3 stalks celery sliced
- ☐ 10.8 ounce condensed tomato soup canned
- ☐ 1 cucumber peeled sliced
- ☐ 1 bell pepper green sliced
- ☐ 1 teaspoon ground pepper black

- ☐ 1 onion sliced
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup vegetable oil
- ☐ 0.8 cup distilled vinegar white
- ☐ 1 cup sugar white
- ☐ 1 tablespoon worcestershire sauce
- ☐ 1 teaspoon mustard yellow prepared

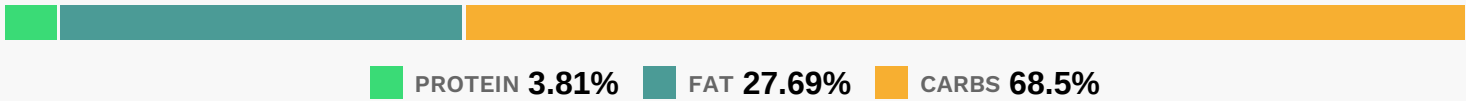
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ colander

Directions

- ☐ Bring a large pot of lightly-salted water to a boil.
- ☐ Add the sliced carrots, and cook until just tender, about 3 minutes.
- ☐ Drain in a colander, then immediately immerse in ice water for several minutes until cold to stop the cooking process. Once the carrots are cold, drain well, and place into a large glass or plastic bowl.
- ☐ Place the green pepper, onion, cucumber, celery, cauliflower, and broccoli into the bowl along with the carrot; set aside. In a separate bowl, whisk together the sugar, vinegar, Worcestershire sauce, black pepper, mustard, and salt until the sugar begins to dissolve.
- ☐ Whisk in the vegetable oil and condensed tomato soup until smooth.
- ☐ Pour the marinade over the vegetables, and stir until evenly blended. Cover, and marinate overnight in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:34.62, Glycemic Load:14.66, Inflammation Score:-10, Nutrition Score:10.873478210491%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 155.92kcal (7.8%), Fat: 4.95g (7.62%), Saturated Fat: 0.77g (4.84%), Carbohydrates: 27.56g (9.19%), Net Carbohydrates: 25.14g (9.14%), Sugar: 22.06g (24.52%), Cholesterol: 0mg (0%), Sodium: 207.96mg (9.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.07%), Vitamin A: 6563.66IU (131.27%), Vitamin C: 26.23mg (31.8%), Vitamin K: 28.97µg (27.59%), Potassium: 418.14mg (11.95%), Manganese: 0.2mg (10.15%), Fiber: 2.42g (9.68%), Vitamin B6: 0.16mg (7.84%), Folate: 26.71µg (6.68%), Vitamin E: 0.85mg (5.67%), Vitamin B1: 0.07mg (4.46%), Magnesium: 17.77mg (4.44%), Phosphorus: 44.27mg (4.43%), Vitamin B3: 0.79mg (3.97%), Copper: 0.08mg (3.78%), Vitamin B2: 0.06mg (3.67%), Calcium: 35.44mg (3.54%), Iron: 0.59mg (3.3%), Vitamin B5: 0.31mg (3.12%), Selenium: 1.49µg (2.12%), Zinc: 0.28mg (1.9%)