



Mozzarella Veggie Salad

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



8

CALORIES



138 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 cup balsamic vinaigrette
- 2 cups broccoli florets fresh
- 1 cup cauliflower florets fresh
- 1 pint cherry tomatoes
- 1 cup part-skim mozzarella cheese cubed

Equipment

- bowl

Directions

In a large serving bowl, combine all ingredients.

Nutrition Facts

PROTEIN 13.87% **FAT 67.88%** **CARBS 18.25%**

Properties

Glycemic Index:8, Glycemic Load:0.41, Inflammation Score:-5, Nutrition Score:7.7478260333123%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 138.19kcal (6.91%), Fat: 10.53g (16.19%), Saturated Fat: 2.2g (13.77%), Carbohydrates: 6.36g (2.12%), Net Carbohydrates: 5.11g (1.86%), Sugar: 2.99g (3.33%), Cholesterol: 8.96mg (2.99%), Sodium: 303.55mg (13.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.84g (9.68%), Vitamin C: 39.8mg (48.25%), Vitamin K: 27.02µg (25.74%), Calcium: 131.64mg (13.16%), Phosphorus: 101.9mg (10.19%), Vitamin A: 498.3IU (9.97%), Folate: 30.41µg (7.6%), Potassium: 249.97mg (7.14%), Manganese: 0.13mg (6.53%), Vitamin B6: 0.12mg (5.97%), Vitamin B2: 0.09mg (5.27%), Fiber: 1.26g (5.02%), Selenium: 2.96µg (4.22%), Zinc: 0.6mg (3.97%), Magnesium: 15.2mg (3.8%), Iron: 0.65mg (3.62%), Vitamin E: 0.54mg (3.59%), Copper: 0.06mg (3.19%), Vitamin B1: 0.05mg (3.08%), Vitamin B5: 0.3mg (3.01%), Vitamin B3: 0.54mg (2.69%), Vitamin B12: 0.11µg (1.91%)