



Passover Chopped Layered Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



98 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups beets diced cooked
- ☐ 0.5 cup belgian endive thinly sliced (1 small head)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup carrots shredded finely
- ☐ 0.5 cup celery finely chopped
- ☐ 1.5 cups cucumber english finely chopped
- ☐ 3 garlic clove minced
- ☐ 0.5 cup spring onion thinly sliced

- ☐ 3 large hardboiled eggs finely chopped
- ☐ 2 cups lettuce finely chopped
- ☐ 0.5 teaspoon seasoning dried italian
- ☐ 2 tablespoons olive oil
- ☐ 1 cup plum tomatoes diced seeded (4 tomatoes)
- ☐ 0.5 cup radicchio thinly finely chopped
- ☐ 1.8 cups bell pepper red finely chopped
- ☐ 1 cup onion red finely chopped
- ☐ 0.3 cup red wine vinegar
- ☐ 4 cups the of 1 cos lettuce finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 0.3 cup vegetable stock

Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ To prepare the dressing, combine the first 8 ingredients, stirring with a whisk. Set aside.
- ☐ To prepare the salad, arrange the romaine in the bottom of a 2-quart glass bowl or trifle dish; top with iceberg.
- ☐ Layer radicchio, endive, cucumber, celery, carrot, bell pepper, tomato, red onion, and green onions evenly over lettuces.
- ☐ Drizzle with dressing. Cover and chill 4 hours or overnight.
- ☐ Arrange beets over green onions; top with eggs.
- ☐ Garnish with parsley, if desired.

Nutrition Facts



 **PROTEIN 14.81%**  **FAT 41.39%**  **CARBS 43.8%**

Properties

Glycemic Index:48.59, Glycemic Load:3.08, Inflammation Score:-10, Nutrition Score:15.399130416953%

Flavonoids

Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.33mg, Quercetin: 5.33mg, Quercetin: 5.33mg, Quercetin: 5.33mg

Nutrients (% of daily need)

Calories: 98.27kcal (4.91%), Fat: 4.74g (7.3%), Saturated Fat: 0.94g (5.88%), Carbohydrates: 11.29g (3.76%), Net Carbohydrates: 7.98g (2.9%), Sugar: 6.45g (7.17%), Cholesterol: 55.95mg (18.65%), Sodium: 208.47mg (9.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.64%), Vitamin A: 5058.41IU (101.17%), Vitamin C: 43.18mg (52.34%), Vitamin K: 49.63µg (47.27%), Folate: 96.25µg (24.06%), Manganese: 0.3mg (14.9%), Fiber: 3.31g (13.25%), Potassium: 422.77mg (12.08%), Vitamin B6: 0.22mg (10.82%), Vitamin B2: 0.16mg (9.29%), Vitamin E: 1.36mg (9.05%), Phosphorus: 77.64mg (7.76%), Selenium: 5.28µg (7.54%), Magnesium: 25.38mg (6.34%), Iron: 1.14mg (6.31%), Vitamin B1: 0.09mg (5.97%), Vitamin B5: 0.53mg (5.25%), Calcium: 46mg (4.6%), Copper: 0.09mg (4.57%), Vitamin B3: 0.8mg (3.99%), Zinc: 0.57mg (3.82%), Vitamin B12: 0.17µg (2.77%), Vitamin D: 0.33µg (2.2%)