

# Pepperoni Floret Salad

 **Gluten Free**  **Dairy Free**

READY IN



5 min.

SERVINGS



6

CALORIES



154 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 cups broccoli florets fresh
- 2 cups cauliflower florets fresh
- 0.5 cup salad dressing italian
- 6 ounces olives pitted ripe drained canned
- 0.3 cup pepper rings
- 0.5 cup pepperoni sliced

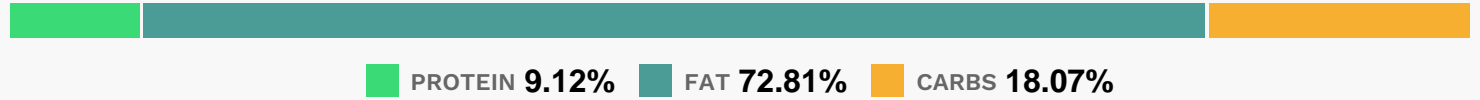
## Equipment

- bowl

## Directions

- In a large bowl, combine the cauliflower, broccoli, olives, pepperoni and pepper rings.
- Drizzle with dressing; toss to coat. Refrigerate leftovers.

## Nutrition Facts



## Properties

Glycemic Index:15.33, Glycemic Load:0.74, Inflammation Score:-5, Nutrition Score:9.2813042998314%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 2.5mg, Kaempferol: 2.5mg, Kaempferol: 2.5mg, Kaempferol: 2.5mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

## Nutrients (% of daily need)

Calories: 154.21kcal (7.71%), Fat: 13.03g (20.05%), Saturated Fat: 2.9g (18.11%), Carbohydrates: 7.28g (2.43%), Net Carbohydrates: 4.89g (1.78%), Sugar: 3.42g (3.8%), Cholesterol: 9.13mg (3.04%), Sodium: 811.62mg (35.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.35%), Vitamin C: 43.2mg (52.37%), Vitamin K: 48.02µg (45.73%), Vitamin E: 1.87mg (12.46%), Folate: 39.43µg (9.86%), Fiber: 2.39g (9.56%), Manganese: 0.18mg (8.87%), Vitamin B6: 0.17mg (8.49%), Potassium: 249.68mg (7.13%), Selenium: 4.34µg (6.19%), Vitamin A: 307.44IU (6.15%), Phosphorus: 53.64mg (5.36%), Vitamin B5: 0.51mg (5.14%), Vitamin B1: 0.07mg (4.91%), Vitamin B2: 0.08mg (4.8%), Vitamin B3: 0.93mg (4.63%), Magnesium: 17.16mg (4.29%), Calcium: 40.67mg (4.07%), Iron: 0.68mg (3.76%), Copper: 0.07mg (3.71%), Zinc: 0.47mg (3.13%), Vitamin B12: 0.12µg (2.04%)