



Pickled Veggie Salad



Gluten Free



Dairy Free

READY IN



150 min.

SERVINGS



10

CALORIES



85 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 3 stalks celery
- ☐ 0.3 teaspoon ginger root fresh minced
- ☐ 4 green onions chopped
- ☐ 4 teaspoons granular no-calorie sucralose sweetener splenda® such as
- ☐ 0.3 cup olive oil
- ☐ 1 teaspoon pepper flakes red crushed
- ☐ 0.3 cup sesame seed

- ☐ 0.3 cup teriyaki sauce
- ☐ 0.5 cup vinegar white

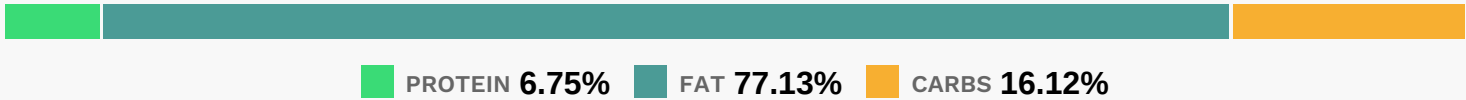
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Heat the olive oil in a small saucepan over medium heat. Stir in the sesame seeds, and cook until lightly browned, about 3 minutes.
- ☐ Scrape into a metal mixing bowl, and cool to room temperature.
- ☐ Whisk the vinegar, teriyaki sauce, black pepper, red pepper flakes, ginger root, and sweetener into the sesame seed mixture. Stir in the celery, green onions, carrots, bell pepper, cucumber, and onion into the sesame dressing until evenly coated. Cover and refrigerate until cold before serving.

Nutrition Facts



Properties

Glycemic Index:24.6, Glycemic Load:0.39, Inflammation Score:-3, Nutrition Score:3.7169565299283%

Flavonoids

Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 84.81kcal (4.24%), Fat: 7.33g (11.27%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 3.45g (1.15%), Net Carbohydrates: 2.58g (0.94%), Sugar: 1.82g (2.02%), Cholesterol: 0mg (0%), Sodium: 382.13mg (16.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.89%), Vitamin K: 17.08µg (16.26%), Copper: 0.18mg (8.75%), Manganese: 0.14mg (6.78%), Vitamin E: 0.92mg (6.15%), Magnesium: 21.92mg (5.48%), Calcium: 49.15mg (4.91%), Iron: 0.88mg (4.9%), Phosphorus: 44.31mg (4.43%), Fiber: 0.86g (3.46%), Vitamin A: 161.92IU (3.24%), Folate:

11.88µg (2.97%), Vitamin B6: 0.06mg (2.78%), Potassium: 89.35mg (2.55%), Vitamin B1: 0.04mg (2.55%), Zinc: 0.35mg (2.31%), Selenium: 1.58µg (2.26%), Vitamin B3: 0.38mg (1.9%), Vitamin B2: 0.03mg (1.69%), Vitamin C: 1.28mg (1.55%)