



Quick Salad

 **Vegetarian**  **Vegan**  **Gluten Free**  **Dairy Free**

READY IN



10 min.

SERVINGS



4

CALORIES



173 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons balsamic vinegar
- 4 servings pepper black freshly ground
- 0.5 pint cherry tomatoes red
- 2 tablespoons dijon mustard
- 0.3 cup olive oil
- 0.3 small onion red grated
- 4 servings salt
- 0.5 pint cherry tomatoes yellow

1 baby squash diced yellow

1 zucchini diced

Equipment

bowl

whisk


Directions

In a medium bowl, toss together the zucchini, squash and tomatoes.

In a small bowl, combine the Dijon mustard, balsamic vinegar and the onion.

Whisk in the olive oil until combined. Season with salt and pepper and pour over the vegetables.

Nutrition Facts

 **PROTEIN 6.17%**  **FAT 70.74%**  **CARBS 23.09%**

Properties

Glycemic Index:47, Glycemic Load:1.71, Inflammation Score:-6, Nutrition Score:9.9599999655848%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 173.16kcal (8.66%), Fat: 14.23g (21.89%), Saturated Fat: 1.98g (12.37%), Carbohydrates: 10.45g (3.48%), Net Carbohydrates: 8.13g (2.95%), Sugar: 5.97g (6.63%), Cholesterol: 0mg (0%), Sodium: 304.63mg (13.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.58%), Vitamin C: 36.45mg (44.18%), Manganese: 0.37mg (18.73%), Potassium: 574.04mg (16.4%), Vitamin E: 2.42mg (16.14%), Vitamin B6: 0.28mg (14.01%), Folate: 53.25µg (13.31%), Vitamin K: 13.66µg (13.01%), Vitamin A: 491.24IU (9.82%), Vitamin B2: 0.16mg (9.61%), Fiber: 2.32g (9.29%), Magnesium: 35.47mg (8.87%), Phosphorus: 87.63mg (8.76%), Copper: 0.17mg (8.39%), Vitamin B3: 1.52mg (7.61%), Iron: 1.35mg (7.51%), Vitamin B1: 0.11mg (7.24%), Selenium: 3.32µg (4.74%), Zinc: 0.62mg (4.12%), Calcium: 38.45mg (3.84%), Vitamin B5: 0.35mg (3.5%)