



Rainbow Salad

READY IN



45 min.

SERVINGS



10

CALORIES



49 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 ounce cabbage shredded finely
- ☐ 2 medium carrots grated
- ☐ 2 rib celery chopped
- ☐ 1 cucumber chopped
- ☐ 2 green onions chopped
- ☐ 10 servings dijon vinaigrette
- ☐ 10 servings lite herb dressing
- ☐ 0.5 cup parmesan cheese shredded
- ☐ 0.1 teaspoon pepper

- ☐ 0.5 bell pepper diced red
- ☐ 0.5 head romaine lettuce chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 tomatoes chopped
- ☐ 10 servings or
- ☐ 10 servings or

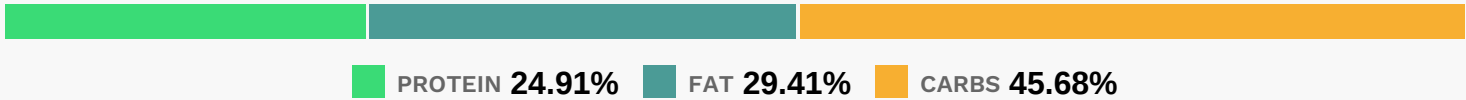
Equipment

- ☐ bowl

Directions

- ☐ Combine first 11 ingredients in a large bowl; cover and chill 1 hour. Toss salad with Dijon Vinaigrette or Lite Herb Dressing before serving.

Nutrition Facts



Properties

Glycemic Index:33.08, Glycemic Load:1.17, Inflammation Score:-10, Nutrition Score:12.785652074477%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 48.57kcal (2.43%), Fat: 1.71g (2.63%), Saturated Fat: 0.87g (5.44%), Carbohydrates: 5.97g (1.99%), Net Carbohydrates: 3.49g (1.27%), Sugar: 3.02g (3.35%), Cholesterol: 3.4mg (1.13%), Sodium: 269.44mg (11.71%), Alcohol: 0.03g (100%), Alcohol %: 0.03% (100%), Protein: 3.26g (6.51%), Vitamin A: 5170.06IU (103.4%), Vitamin K: 63.89µg (60.85%), Vitamin C: 23.09mg (27.98%), Folate: 68.23µg (17.06%), Fiber: 2.48g (9.91%), Calcium: 95.92mg (9.59%), Manganese: 0.18mg (9.17%), Potassium: 266.86mg (7.62%), Phosphorus: 73.03mg (7.3%), Vitamin B6: 0.13mg (6.38%), Vitamin B1: 0.08mg (5.19%), Magnesium: 20.11mg (5.03%), Vitamin B2: 0.08mg (4.49%), Selenium: 3.1µg (4.43%), Iron: 0.76mg (4.21%), Copper: 0.06mg (3.17%), Vitamin B5: 0.28mg (2.8%), Zinc: 0.42mg (2.79%), Vitamin

E: 0.38mg (2.5%), Vitamin B3: 0.49mg (2.43%)