



Salad Of Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



51 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.3 cups bell pepper strips red yellow
- ☐ 1.8 cups cucumber peeled sliced
- ☐ 0.5 teaspoon garlic powder
- ☐ 9 cups torn leaf lettuce red (1 head)
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 1 teaspoon oregano dried
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1 cup onion red sliced

- ☐ 0.3 cup red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups tomatoes divided chopped

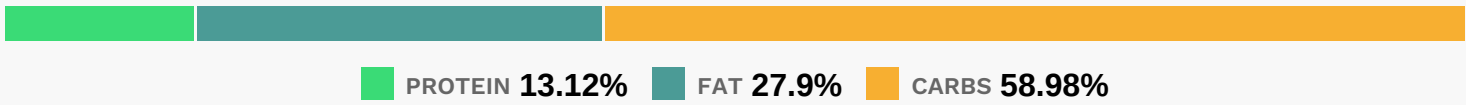
Equipment

- ☐ bowl
- ☐ sieve
- ☐ blender

Directions

- ☐ Combine first 4 ingredients in a large bowl; toss gently.
- ☐ Place 3/4 cup chopped tomato in a blender; process until smooth. Press pured tomato through a sieve over a bowl, using back of a spoon; reserve tomato juice, and discard solids.
- ☐ Add remaining 3/4 cup chopped tomato, vinegar, and remaining 5 ingredients to reserved tomato juice in bowl; stir until well blended.
- ☐ Pour dressing over salad, tossing gently to coat.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:1.43, Inflammation Score:-10, Nutrition Score:14.009564980217%

Flavonoids

Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.9mg, Quercetin: 8.9mg, Quercetin: 8.9mg, Quercetin: 8.9mg

Nutrients (% of daily need)

Calories: 51.16kcal (2.56%), Fat: 1.7g (2.62%), Saturated Fat: 0.25g (1.55%), Carbohydrates: 8.09g (2.7%), Net Carbohydrates: 5.7g (2.07%), Sugar: 4.17g (4.63%), Cholesterol: 0mg (0%), Sodium: 113.42mg (4.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.6%), Vitamin A: 4463.44IU (89.27%), Vitamin K: 69.18µg (65.88%),

Vitamin C: 49.67mg (60.2%), Manganese: 0.26mg (12.99%), Folate: 46.41µg (11.6%), Vitamin B6: 0.22mg (11.09%), Potassium: 336.22mg (9.61%), Fiber: 2.39g (9.55%), Vitamin E: 1.03mg (6.85%), Iron: 1.08mg (5.99%), Vitamin B1: 0.08mg (5.57%), Magnesium: 21.82mg (5.45%), Vitamin B2: 0.09mg (5%), Phosphorus: 47.11mg (4.71%), Copper: 0.08mg (4.13%), Calcium: 37.88mg (3.79%), Vitamin B3: 0.72mg (3.62%), Vitamin B5: 0.32mg (3.24%), Zinc: 0.36mg (2.38%), Selenium: 0.91µg (1.3%)