






 **68%**
HEALTH SCORE

Shredded Veggie Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN

10 min.

SERVINGS

4

CALORIES

189 kcal

SIDE DISH **ANTIPASTI** **STARTER** **SNACK**

Ingredients

- 1 medium beefsteak tomatoes halved very thinly sliced
- 1 small bell pepper green very thinly sliced
- 0.3 cup olive oil extra-virgin
- 0.5 medium onion very thinly sliced
- 4 servings bell pepper
- 0.3 cup pepperoncini hot drained chopped
- 2 tablespoons red wine vinegar
- 2 small hearts romaine shredded

4 servings salt

Equipment

Directions

Mix salad and dress with vinegar, oil, salt, and pepper.

Nutrition Facts



PROTEIN 6.7% **FAT 63.24%** **CARBS 30.06%**

Properties

Glycemic Index:34.75, Glycemic Load:3.06, Inflammation Score:-10, Nutrition Score:19.333043542893%

Flavonoids

Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg

Nutrients (% of daily need)

Calories: 189.41kcal (9.47%), Fat: 14.2g (21.85%), Saturated Fat: 1.98g (12.38%), Carbohydrates: 15.19g (5.06%), Net Carbohydrates: 9.85g (3.58%), Sugar: 9.73g (10.82%), Cholesterol: 0mg (0%), Sodium: 220.2mg (9.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.77%), Vitamin C: 133.88mg (162.28%), Vitamin A: 3948.96IU (78.98%), Vitamin K: 59.69µg (56.85%), Vitamin E: 4mg (26.64%), Folate: 100.71µg (25.18%), Vitamin B6: 0.44mg (21.92%), Manganese: 0.43mg (21.74%), Fiber: 5.34g (21.36%), Potassium: 662.46mg (18.93%), Vitamin B1: 0.16mg (10.75%), Magnesium: 34.48mg (8.62%), Phosphorus: 82.94mg (8.29%), Vitamin B3: 1.63mg (8.17%), Iron: 1.45mg (8.07%), Vitamin B2: 0.13mg (7.83%), Copper: 0.13mg (6.45%), Vitamin B5: 0.51mg (5.15%), Calcium: 49.68mg (4.97%), Zinc: 0.64mg (4.29%)