



## Skinny Layered Vegetable Salad

 Gluten Free

READY IN



20 min.

SERVINGS



10

CALORIES



130 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 6 cups the salad mixed italian such as blend
- 2 cups broccoli florets
- 1 cup carrots shredded
- 2 cups peas sweet frozen cooked drained
- 1 medium bell pepper red cut into thin bite-size strips
- 1 cup celery stalks thinly sliced
- 6 slices bacon crumbled cooked drained
- 5 tablespoons spring onion thinly sliced

- 0.8 cup mayonnaise reduced-fat
- 0.8 cup buttermilk
- 2 tablespoons basil dried fresh chopped
- 0.5 teaspoon lemon zest shredded finely
- 1 teaspoon juice of lemon
- 0.3 teaspoon pepper
- 2 oz cheddar cheese shredded reduced-fat

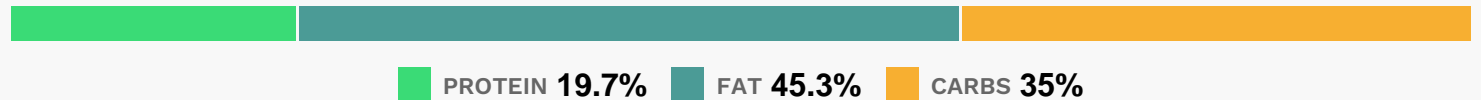
## Equipment

- bowl

## Directions

- Place salad greens in large salad bowl. In order given, layer remaining salad ingredients over greens.
- In small bowl, mix all dressing ingredients except cheese until well blended. Spoon dressing over salad; sprinkle with cheese. Toss salad to coat.

## Nutrition Facts



## Properties

Glycemic Index:28.22, Glycemic Load:2.28, Inflammation Score:-9, Nutrition Score:15.271739306657%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

## Nutrients (% of daily need)

Calories: 129.8kcal (6.49%), Fat: 6.73g (10.36%), Saturated Fat: 1.82g (11.39%), Carbohydrates: 11.7g (3.9%), Net Carbohydrates: 8.4g (3.06%), Sugar: 4.8g (5.34%), Cholesterol: 10.61mg (3.54%), Sodium: 305.37mg (13.28%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 6.59g (13.17%), Vitamin A: 3255.37IU (65.11%), Vitamin C: 50.6mg (61.33%), Vitamin K: 60.11µg (57.24%), Manganese: 0.33mg (16.37%), Folate: 57.46µg (14.36%), Fiber: 3.3g (13.2%), Phosphorus: 130.01mg (13%), Vitamin B6: 0.21mg (10.4%), Vitamin B1: 0.15mg (10.28%), Potassium: 349.74mg (9.99%), Vitamin B2: 0.16mg (9.51%), Calcium: 94.25mg (9.43%), Iron: 1.69mg (9.37%), Vitamin B3: 1.71mg (8.55%), Selenium: 5.54µg (7.92%), Magnesium: 31.06mg (7.76%), Vitamin E: 0.99mg (6.58%), Zinc: 0.96mg (6.39%), Copper: 0.12mg (5.87%), Vitamin B5: 0.41mg (4.14%), Vitamin B12: 0.16µg (2.72%), Vitamin D: 0.26µg (1.73%)