



Spicy Chopped Salad

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



10 min.

SERVINGS



4

CALORIES



399 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 handful flat-leaf parsley chopped
- 3 tablespoons olive oil extra-virgin
- 0.5 cup olives pitted
- 4 tablespoons pesto prepared
- 2 tablespoons red wine vinegar
- 2 baby greens chopped
- 0.3 pound stick salami diced
- 4 servings salt and pepper

- 2 cups giardiniera pickled vegetable salad italian hot drained chopped (pepperoncini, cauliflower, carrots and celery)

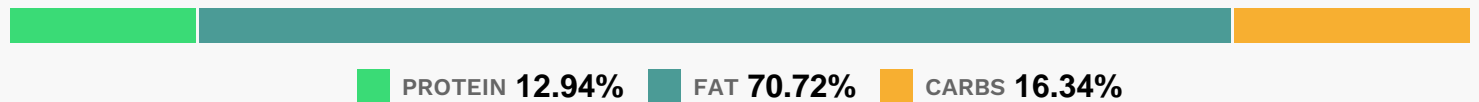
Equipment

- bowl

Directions

- Combine salad ingredients in a bowl and dress salad with vinegar, extra-virgin olive oil, then season with salt and pepper, to your taste. In a small bowl, add 4 tablespoons pesto and a splash of red wine vinegar. Slowly pour in extra-virgin olive oil until the dressing just comes together.
- Drizzle the dressing over top of salad.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:4.05, Inflammation Score:-10, Nutrition Score:20.876521525176%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 398.81kcal (19.94%), Fat: 32.03g (49.27%), Saturated Fat: 7.36g (45.99%), Carbohydrates: 16.64g (5.55%), Net Carbohydrates: 10.99g (4%), Sugar: 1.25g (1.39%), Cholesterol: 31.06mg (10.35%), Sodium: 1500.22mg (65.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.19g (26.37%), Vitamin A: 9995.09IU (199.9%), Vitamin K: 80.87µg (77.02%), Vitamin B1: 0.51mg (33.84%), Folate: 106.01µg (26.5%), Fiber: 5.66g (22.63%), Vitamin B12: 1.06µg (17.64%), Vitamin B3: 3.49mg (17.43%), Vitamin B6: 0.34mg (17.16%), Manganese: 0.34mg (17.08%), Phosphorus: 159.06mg (15.91%), Vitamin C: 13.09mg (15.87%), Vitamin E: 2.24mg (14.91%), Selenium: 10.34µg (14.78%), Zinc: 2.15mg (14.31%), Vitamin B2: 0.24mg (14.24%), Potassium: 491.05mg (14.03%), Iron: 2.23mg (12.39%), Magnesium: 40.73mg (10.18%), Copper: 0.19mg (9.74%), Calcium: 81.29mg (8.13%), Vitamin B5: 0.64mg (6.37%)