



Super Vegetable Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



320 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 large broccoli florets
- ☐ 2 carrots
- ☐ 3 cups cherry tomatoes
- ☐ 0.7 cup cornmeal
- ☐ 0.3 cup herbs fresh assorted chopped
- ☐ 12 green beans cut into 1-inch pieces
- ☐ 1 head lettuce (Paul likes romaine)
- ☐ 3 tablespoons olive oil extra-virgin divided

- ☐ 1 tablespoon red-wine vinegar
- ☐ 3 scallions finely chopped
- ☐ 9 ounces spicy tofu cut into 8 slices

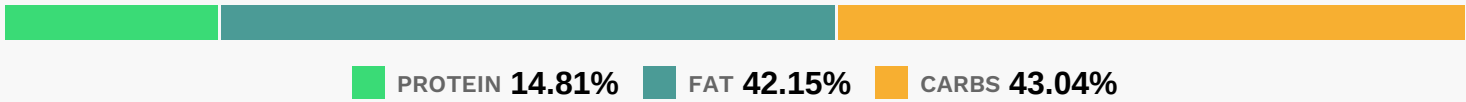
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan

Directions

- ☐ Preheat oven to 40
- ☐ In small roasting pan, roast cherry tomatoes 10 minutes.
- ☐ In saucepan, steam broccoli, beans, and carrots over 1 inch boiling water (15 minutes, or until tender).
- ☐ Arrange lettuce leaves and scallions on 4 plates. In small bowl, whisk 2 TBSP oil with vinegar, mustard, and syrup.
- ☐ In shallow bowl, combine cornmeal and herbs. In large skillet, heat remaining 1 TBSP oil. Dip tofu in cornmeal and saut until golden.
- ☐ Top salad with vegetables, tomatoes, and tofu; drizzle with dressing.

Nutrition Facts



Properties

Glycemic Index:68.08, Glycemic Load:13.24, Inflammation Score:-10, Nutrition Score:26.885217272717%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg

Nutrients (% of daily need)

Calories: 320.25kcal (16.01%), Fat: 15.64g (24.07%), Saturated Fat: 2.16g (13.48%), Carbohydrates: 35.94g (11.98%), Net Carbohydrates: 27g (9.82%), Sugar: 7.62g (8.46%), Cholesterol: 0mg (0%), Sodium: 57.23mg (2.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.37g (24.74%), Vitamin A: 19843.82IU (396.88%), Vitamin K: 269.58µg (256.74%), Folate: 264.27µg (66.07%), Vitamin C: 49.61mg (60.13%), Fiber: 8.94g (35.77%), Manganese: 0.65mg (32.42%), Potassium: 921.17mg (26.32%), Iron: 4.6mg (25.55%), Vitamin B6: 0.45mg (22.46%), Vitamin E: 2.85mg (19%), Vitamin B1: 0.28mg (18.67%), Magnesium: 73.67mg (18.42%), Calcium: 177.29mg (17.73%), Phosphorus: 166.06mg (16.61%), Copper: 0.27mg (13.28%), Vitamin B2: 0.21mg (12.32%), Vitamin B3: 2.31mg (11.54%), Zinc: 1.56mg (10.41%), Vitamin B5: 0.71mg (7.13%), Selenium: 3.17µg (4.53%)