



Sweet and Sour Zucchini Salad

 Dairy Free

READY IN



255 min.

SERVINGS



8

CALORIES



191 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup celery chopped
- ☐ 0.7 cup cider vinegar
- ☐ 1 ounce onion soup mix dry
- ☐ 0.5 cup bell pepper green chopped
- ☐ 1 teaspoon ground pepper black
- ☐ 1 teaspoon salt
- ☐ 0.3 cup vegetable oil
- ☐ 0.8 cup sugar white

- ☐ 0.5 cup citrus champagne vinegar
- ☐ 7 small zucchinis thinly sliced

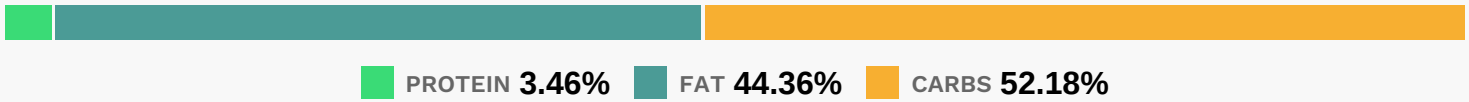
Equipment

- ☐ mixing bowl

Directions

- ☐ In a mixing bowl, soak onion soup mix in wine vinegar.
- ☐ Let stand 5 minutes.
- ☐ Combine the onion soup mixture with the sugar, salt, pepper, oil, cider vinegar, bell pepper, celery and zucchini. Chill 4 to 6 hours, stirring occasionally.
- ☐ Drain off any extra liquid before serving.

Nutrition Facts



Properties

Glycemic Index:24.89, Glycemic Load:13.58, Inflammation Score:-4, Nutrition Score:6.89304354139%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 190.81kcal (9.54%), Fat: 9.52g (14.65%), Saturated Fat: 1.49g (9.29%), Carbohydrates: 25.2g (8.4%), Net Carbohydrates: 23.61g (8.58%), Sugar: 21.85g (24.28%), Cholesterol: 0mg (0%), Sodium: 591.3mg (25.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.34%), Vitamin C: 26.36mg (31.95%), Vitamin K: 24.14µg (22.99%), Manganese: 0.31mg (15.7%), Vitamin B6: 0.22mg (10.76%), Potassium: 351.86mg (10.05%), Folate: 28.03µg (7.01%), Vitamin B2: 0.12mg (6.88%), Fiber: 1.59g (6.36%), Vitamin E: 0.93mg (6.17%), Magnesium: 24.37mg (6.09%), Vitamin A: 271.2IU (5.42%), Phosphorus: 53.27mg (5.33%), Vitamin B1: 0.06mg (4.22%), Copper: 0.08mg (4.18%), Iron: 0.62mg (3.42%), Vitamin B3: 0.59mg (2.93%), Calcium: 28.81mg (2.88%), Zinc: 0.41mg (2.72%), Vitamin B5: 0.27mg (2.69%)