



Tangy Floret Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



3

CALORIES



328 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup broccoli florets
- 1 cup cauliflower florets
- 0.5 cup mayonnaise
- 1 cup peas frozen
- 0.1 teaspoon pepper
- 0.5 teaspoon salt
- 1 tablespoon sugar
- 1 tablespoon vinegar

Equipment

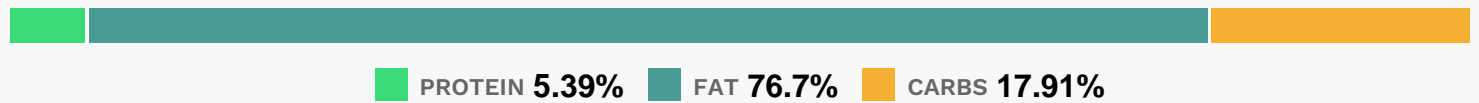
bowl

Directions

In a bowl, combine the first three ingredients. In a small bowl, combine mayonnaise, sugar, vinegar, salt and pepper; mix well.

Add to vegetables and toss to coat.

Nutrition Facts



Properties

Glycemic Index:103.47, Glycemic Load:5.48, Inflammation Score:-7, Nutrition Score:14.90739133047%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 2.5mg, Kaempferol: 2.5mg, Kaempferol: 2.5mg, Kaempferol: 2.5mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 328.23kcal (16.41%), Fat: 28.34g (43.6%), Saturated Fat: 4.48g (28.01%), Carbohydrates: 14.88g (4.96%), Net Carbohydrates: 10.65g (3.87%), Sugar: 8.1g (9%), Cholesterol: 15.68mg (5.23%), Sodium: 647.24mg (28.14%), Alcohol: 0g (100%), Protein: 4.48g (8.96%), Vitamin K: 109.08µg (103.89%), Vitamin C: 62.46mg (75.71%), Folate: 71.41µg (17.85%), Fiber: 4.23g (16.93%), Manganese: 0.33mg (16.54%), Vitamin A: 583.45IU (11.67%), Vitamin B1: 0.17mg (11.37%), Vitamin E: 1.55mg (10.34%), Vitamin B6: 0.2mg (9.97%), Phosphorus: 95.07mg (9.51%), Potassium: 322.29mg (9.21%), Vitamin B2: 0.13mg (7.49%), Magnesium: 27.9mg (6.97%), Vitamin B3: 1.37mg (6.87%), Iron: 1.17mg (6.47%), Copper: 0.12mg (6.1%), Zinc: 0.87mg (5.82%), Vitamin B5: 0.51mg (5.12%), Selenium: 2.74µg (3.92%), Calcium: 37.63mg (3.76%)