



Tomato and Pepper Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



6

CALORIES



31 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 servings pepper black freshly ground to taste
- ☐ 1 stalk celery thinly sliced
- ☐ 1 large cucumber seeded chopped
- ☐ 1 medium bell pepper green chopped
- ☐ 0.5 teaspoon salt
- ☐ 3 medium tomatoes chopped
- ☐ 3 tablespoons distilled vinegar white
- ☐ 1 tablespoon sugar white

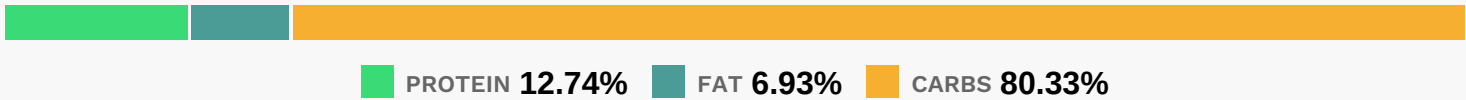
Equipment

☐ bowl

Directions

- ☐ In a bowl, mix the tomatoes, cucumber, green bell pepper, and celery.
- ☐ Mix the vinegar, sugar, salt, and pepper in a separate bowl, and pour over the salad. Gently toss to coat. Cover, and refrigerate at least 2 hours, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:41.18, Glycemic Load:2.23, Inflammation Score:-5, Nutrition Score:5.1230434879013%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 30.96kcal (1.55%), Fat: 0.25g (0.39%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 6.58g (2.19%), Net Carbohydrates: 5.04g (1.83%), Sugar: 4.83g (5.36%), Cholesterol: 0mg (0%), Sodium: 203.93mg (8.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.09%), Vitamin C: 26.07mg (31.6%), Vitamin A: 649.76IU (13%), Vitamin K: 11.8µg (11.24%), Manganese: 0.15mg (7.65%), Potassium: 262.83mg (7.51%), Fiber: 1.53g (6.14%), Vitamin B6: 0.12mg (6.13%), Folate: 20.16µg (5.04%), Copper: 0.09mg (4.35%), Magnesium: 15.34mg (3.83%), Vitamin B1: 0.05mg (3.34%), Phosphorus: 30.6mg (3.06%), Vitamin E: 0.44mg (2.92%), Vitamin B3: 0.5mg (2.5%), Vitamin B5: 0.2mg (2.04%), Iron: 0.36mg (2.02%), Vitamin B2: 0.03mg (1.96%), Calcium: 18.4mg (1.84%), Zinc: 0.22mg (1.47%)