



Tri-Color Pepper Slaw



Vegetarian



Gluten Free

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READY IN

ready

20 min.

SERVINGS

servings

6

CALORIES

calories

235 kcal

SIDE DISH

Ingredients



8 ounce balsamic vinaigrette



1 cup feta cheese crumbled



2 bell peppers green sliced



3 medium tomatoes sliced



2 bell peppers yellow sliced

Equipment



bowl

Directions

☐ In a large bowl, gently toss the green bell peppers, yellow bell peppers, tomatoes, balsamic vinaigrette, and feta cheese. Allow to sit 5 minutes before serving.

Nutrition Facts



PROTEIN 8.19% **FAT 74.46%** **CARBS 17.35%**

Properties

Glycemic Index:12.5, Glycemic Load:1.01, Inflammation Score:-7, Nutrition Score:11.582608635011%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 2.27mg, Luteolin: 2.27mg, Luteolin: 2.27mg, Luteolin: 2.27mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 234.56kcal (11.73%), Fat: 19.51g (30.02%), Saturated Fat: 4.64g (28.98%), Carbohydrates: 10.23g (3.41%), Net Carbohydrates: 8.46g (3.08%), Sugar: 3.83g (4.25%), Cholesterol: 22.25mg (7.42%), Sodium: 630.25mg (27.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.66%), Vitamin C: 113.11mg (137.1%), Vitamin A: 843.9IU (16.88%), Vitamin B6: 0.31mg (15.53%), Vitamin B2: 0.24mg (14.34%), Calcium: 141.51mg (14.15%), Phosphorus: 116.46mg (11.65%), Potassium: 314.77mg (8.99%), Manganese: 0.17mg (8.6%), Folate: 31.5µg (7.88%), Vitamin K: 8.24µg (7.85%), Fiber: 1.77g (7.08%), Vitamin B12: 0.42µg (7.04%), Vitamin B1: 0.09mg (6.33%), Zinc: 0.94mg (6.29%), Vitamin B3: 1.16mg (5.78%), Copper: 0.11mg (5.65%), Selenium: 3.87µg (5.53%), Magnesium: 20.24mg (5.06%), Vitamin B5: 0.4mg (4.02%), Iron: 0.65mg (3.59%), Vitamin E: 0.52mg (3.49%)