



## Vegetable Box Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



174 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 6 to 8 basil leaves chopped
- 15 oz kidney beans rinsed drained canned
- 1 teaspoon celery salt
- 4 ounces cheddar cheese cut into 1/4-inch cubes
- 2 cups corn kernels fresh white uncooked
- 2 tablespoons dijon mustard
- 3 hard-cooked eggs shelled chopped
- 2 tablespoons juice of lemon

- 0.7 cup yogurt plain low-fat
- 0.3 cup mayonnaise
- 0.3 teaspoon pepper
- 8 oz romaine lettuce heart rinsed chopped
- 0.3 teaspoon salt
- 1.5 pounds tomatoes cored ripe rinsed seeded chopped

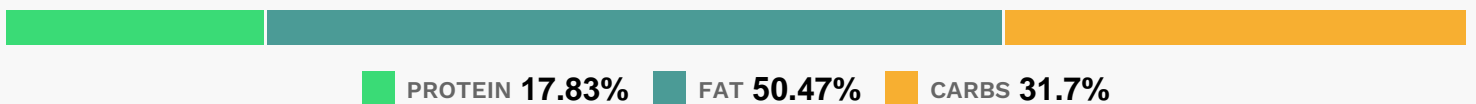
## Equipment

- bowl

## Directions

- In a small bowl, mix yogurt, mayonnaise, mustard, lemon juice, celery salt, 1/4 teaspoon salt, and 1/4 teaspoon pepper.
- In a large bowl, mix corn kernels, tomatoes, kidney beans, lettuce, cucumber, basil, cheese, and eggs.
- Add dressing and mix gently to coat, or serve dressing separately, to spoon over individual servings.
- Add more salt and pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:25.08, Glycemic Load:2.43, Inflammation Score:-9, Nutrition Score:11.850869489753%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

## Nutrients (% of daily need)

Calories: 173.95kcal (8.7%), Fat: 10.12g (15.57%), Saturated Fat: 3.22g (20.14%), Carbohydrates: 14.3g (4.77%), Net Carbohydrates: 10.74g (3.9%), Sugar: 5.15g (5.72%), Cholesterol: 59.5mg (19.83%), Sodium: 494.81mg (21.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.05g (16.09%), Vitamin A: 2347.03IU (46.94%), Vitamin K: 36.75µg (35%), Phosphorus: 167.11mg (16.71%), Folate: 63.68µg (15.92%), Fiber: 3.57g (14.27%), Vitamin C: 11.57mg (14.03%), Manganese: 0.26mg (13.03%), Calcium: 123.55mg (12.35%), Selenium: 8.58µg (12.26%), Vitamin B2: 0.2mg (11.7%), Potassium: 402.08mg (11.49%), Magnesium: 36.19mg (9.05%), Vitamin B1: 0.13mg (8.84%), Zinc: 1.1mg (7.33%), Vitamin B6: 0.14mg (7.11%), Iron: 1.15mg (6.37%), Vitamin B5: 0.61mg (6.13%), Copper: 0.12mg (5.96%), Vitamin B12: 0.32µg (5.38%), Vitamin B3: 1.05mg (5.23%), Vitamin E: 0.78mg (5.18%), Vitamin D: 0.34µg (2.29%)