



Vegetable Buffet Platter



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



98 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup salad dressing
- ☐ 0.3 cup buttermilk
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.5 teaspoon dehydrated onion dried minced
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.1 teaspoon salt
- ☐ 1 clove garlic crushed
- ☐ 1.5 cups broccoli florets

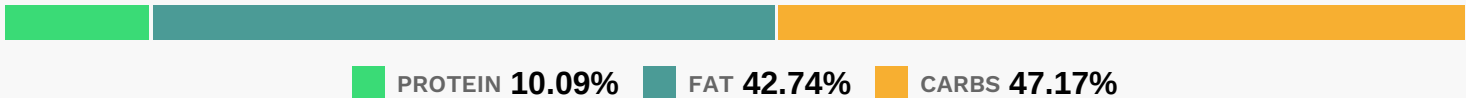
- ☐ 1.5 cups cauliflower florets
- ☐ 1 medium bell pepper red cut into strips
- ☐ 1 medium bell pepper yellow cut into strips
- ☐ 1 small zucchini sliced
- ☐ 3 medium carrots sliced

Equipment

Directions

- ☐ In tightly covered container, shake all dressing ingredients until well blended.
- ☐ Arrange vegetables in separate sections on serving platter.
- ☐ Serve with dressing.

Nutrition Facts



Properties

Glycemic Index:47.14, Glycemic Load:2.08, Inflammation Score:-10, Nutrition Score:16.647391386654%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 98.24kcal (4.91%), Fat: 4.98g (7.66%), Saturated Fat: 0.94g (5.85%), Carbohydrates: 12.36g (4.12%), Net Carbohydrates: 9.53g (3.47%), Sugar: 6.57g (7.29%), Cholesterol: 1.47mg (0.49%), Sodium: 296.29mg (12.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.29%), Vitamin C: 100.87mg (122.27%), Vitamin A: 6022.83IU (120.46%), Vitamin K: 55.02µg (52.4%), Vitamin B6: 0.28mg (14.1%), Folate: 55.77µg (13.94%), Potassium: 427.39mg (12.21%), Manganese: 0.24mg (12.14%), Fiber: 2.83g (11.31%), Vitamin E: 1.18mg (7.87%), Vitamin B2: 0.12mg (7.31%), Phosphorus: 70.88mg (7.09%), Magnesium: 23.78mg (5.94%), Vitamin B1: 0.09mg (5.85%), Vitamin B5: 0.58mg (5.8%), Vitamin B3: 1.09mg (5.43%), Calcium: 54.13mg (5.41%), Copper: 0.08mg (4.1%), Iron: 0.73mg (4.06%), Zinc: 0.47mg (3.11%), Selenium: 1.85µg (2.64%), Vitamin D: 0.17µg (1.16%), Vitamin B12: 0.06µg (1.02%)