



Vegetable Chunk Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



135 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 ribs celery cut into 1-inch pieces
- ☐ 4 servings coarse salt and pepper
- ☐ 0.5 european cucumber seedless cut into bite-size chunks ()
- ☐ 0.5 pint grape tomatoes halved
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 large bell pepper green red cut into bite-size chunks
- ☐ 0.5 onion red chopped

- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons red wine vinegar (2 1 tablespoones)
- ☐ 0.5 baby squash yellow cut into bite-size pieces

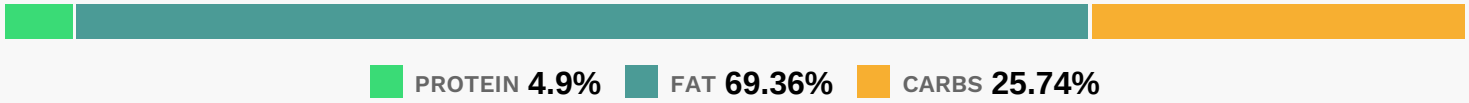
Equipment

- ☐ bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine chopped vegetables in a medium bowl.
- ☐ Place oil, vinegar, sugar, and Italian seasoning in a small plastic container with a lid. Secure lid and shake dressing vigorously for 1 minute.
- ☐ Pour dressing over salad and toss. Season salad with salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:57.27, Glycemic Load:2.06, Inflammation Score:-7, Nutrition Score:9.4104347695475%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 2.16mg, Luteolin: 2.16mg, Luteolin: 2.16mg, Luteolin: 2.16mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 134.99kcal (6.75%), Fat: 10.86g (16.71%), Saturated Fat: 1.53g (9.54%), Carbohydrates: 9.07g (3.02%), Net Carbohydrates: 6.37g (2.32%), Sugar: 5.47g (6.07%), Cholesterol: 0mg (0%), Sodium: 216.71mg (9.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.46%), Vitamin C: 48.12mg (58.33%), Vitamin K: 26.49µg (25.22%), Vitamin A: 818.97IU (16.38%), Vitamin E: 2.17mg (14.48%), Manganese: 0.25mg (12.75%), Vitamin B6: 0.25mg (12.41%), Potassium: 408.58mg (11.67%), Fiber: 2.7g (10.82%), Folate: 36.32µg (9.08%), Magnesium: 24.5mg (6.13%), Copper: 0.12mg (5.88%), Vitamin B1: 0.08mg (5.34%), Vitamin B2: 0.08mg (4.99%), Phosphorus: 49.71mg (4.97%), Iron: 0.81mg (4.53%), Vitamin B3: 0.78mg (3.92%), Calcium: 38.77mg (3.88%), Vitamin B5: 0.29mg (2.92%), Zinc:

0.35mg (2.36%)