

Vegetable Confetti



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



70 kcal

SIDE DISH

Ingredients



1 cup bell pepper chopped



1.5 cups carrots shredded



0.3 cup salad dressing fat-free italian



0.3 teaspoon pepper



1 cup zucchini shredded

Equipment

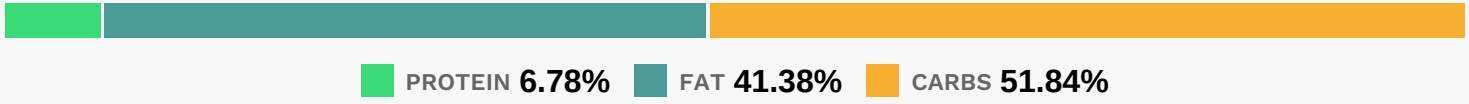


bowl

Directions

☐ Mix all ingredients in glass or plastic bowl. Refrigerate any remaining salad no longer than 48 hours.

Nutrition Facts



Properties

Glycemic Index:31.46, Glycemic Load:2.11, Inflammation Score:-10, Nutrition Score:12.123043345368%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 70.2kcal (3.51%), Fat: 3.43g (5.28%), Saturated Fat: 0.5g (3.11%), Carbohydrates: 9.67g (3.22%), Net Carbohydrates: 7.2g (2.62%), Sugar: 6.2g (6.89%), Cholesterol: 0mg (0%), Sodium: 182.96mg (7.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.53%), Vitamin A: 9253.15IU (185.06%), Vitamin C: 56.12mg (68.02%), Vitamin K: 17.92µg (17.07%), Vitamin B6: 0.23mg (11.75%), Fiber: 2.47g (9.87%), Potassium: 327.11mg (9.35%), Manganese: 0.19mg (9.29%), Vitamin E: 1.27mg (8.44%), Folate: 33.72µg (8.43%), Vitamin B2: 0.09mg (5.23%), Vitamin B3: 1mg (4.98%), Vitamin B1: 0.07mg (4.59%), Magnesium: 16.76mg (4.19%), Phosphorus: 40.67mg (4.07%), Vitamin B5: 0.31mg (3.14%), Iron: 0.47mg (2.61%), Calcium: 25.87mg (2.59%), Copper: 0.05mg (2.44%), Zinc: 0.32mg (2.13%)