



 **68%**
HEALTH SCORE

African-Spiced Broccoli-and-Cauliflower Salad

 Vegetarian  Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



59 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 cup broccoli florets
- 0.5 cup carrots diagonally sliced ()
- 0.8 cup cauliflower florets
- 2 teaspoons cider vinegar
- 0.1 teaspoon pepper red crushed
- 2 tablespoons green onions sliced
- 0.1 teaspoon ground coriander
- 0.3 teaspoon ground cumin

- 0.3 teaspoon ground ginger
- 0.1 teaspoon ground nutmeg
- 0.5 teaspoon honey
- 0.1 teaspoon salt
- 3 tablespoons cup heavy whipping cream fat-free sour

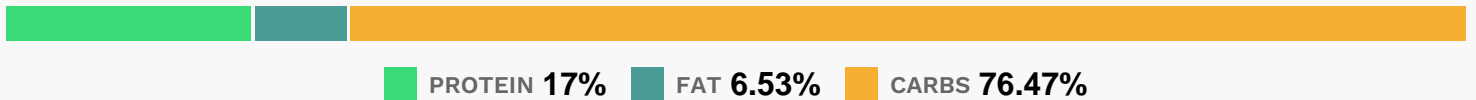
Equipment

- bowl
- frying pan

Directions

- Steam first 3 ingredients, covered, 2 minutes. Rinse broccoli mixture under cold water; drain well.
- Combine salt and next 5 ingredients (salt through crushed red pepper) in a small skillet; cook over medium heat 2 minutes or until lightly browned, stirring constantly.
- Combine spice mixture, sour cream, vinegar, and honey in a bowl; stir well.
- Add broccoli mixture; toss well to coat. Stir in green onions just before serving.

Nutrition Facts



Properties

Glycemic Index:155.05, Glycemic Load:2.7, Inflammation Score:-10, Nutrition Score:14.688260829967%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 2.97mg, Kaempferol: 2.97mg, Kaempferol: 2.97mg, Kaempferol: 2.97mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 58.86kcal (2.94%), Fat: 0.47g (0.72%), Saturated Fat: 0.15g (0.92%), Carbohydrates: 12.41g (4.14%), Net Carbohydrates: 9.54g (3.47%), Sugar: 4.54g (5.04%), Cholesterol: 1.62mg (0.54%), Sodium: 219.2mg (9.53%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.52%), Vitamin A: 5704.68IU (114.09%), Vitamin C: 51.59mg (62.53%), Vitamin K: 57.41µg (54.68%), Manganese: 0.3mg (14.95%), Folate: 55µg (13.75%), Fiber: 2.88g (11.5%), Potassium: 378.96mg (10.83%), Vitamin B6: 0.19mg (9.3%), Phosphorus: 72.83mg (7.28%), Vitamin B2: 0.12mg (6.84%), Calcium: 66.36mg (6.64%), Magnesium: 22.2mg (5.55%), Vitamin B5: 0.54mg (5.41%), Vitamin B1: 0.08mg (5.16%), Iron: 0.87mg (4.84%), Vitamin B3: 0.82mg (4.12%), Vitamin E: 0.6mg (3.98%), Selenium: 2.33µg (3.33%), Zinc: 0.47mg (3.15%), Copper: 0.06mg (3.09%)