



Braesola and Lightly Pickled Mushroom and Cauliflower Salad with Crispy Parmigiano

READY IN

ready

100 min.

SERVINGS

servings

4

CALORIES

calories

250 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2.5 cups baby arugula
- ☐ 4 servings big fat finishing oil
- ☐ 0.3 head cauliflower thinly sliced
- ☐ 6 cremini mushrooms thinly sliced
- ☐ 1 pinch pepper red crushed
- ☐ 4 servings kosher salt
- ☐ 1 cup coarsely parmigiano grated
- ☐ 0.5 small onion red thinly sliced

- ☐ 0.3 cup red wine vinegar
- ☐ 3 thyme springs fresh leaves picked
- ☐ 0.5 pound braesola thinly sliced
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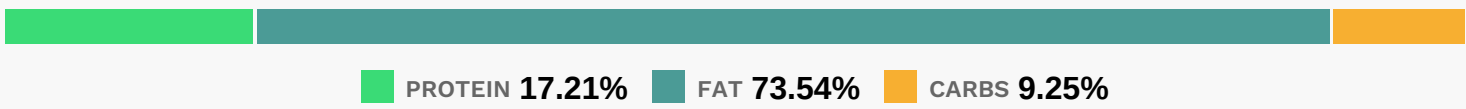
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven

Directions

- ☐ Combine the mushrooms, onion, cauliflower, thyme leaves, crushed red pepper, vinegar, and salt in a bowl. Toss well to combine, cover, and let sit at room temperature at least 1 hour, stirring once or twice. This will sort of cook the veggies and lightly pickle them.
- ☐ Preheat the oven to 375 degrees F.
- ☐ On a sheet tray lined with a silicone mat or parchment paper, make 4 flat circles of Parmigiano.
- ☐ Bake the Parmigiano disks until the cheese looks golden and lacy, 6 to 7 minutes.
- ☐ Remove the cheese rounds from the oven and let cool for 1 to 2 minutes, and then loosen them from the tray. Reserve.
- ☐ Divide the braesola between 4 serving plates. Toss the mushroom mixture with the arugula and a drizzle of big fat finishing oil. Taste to make sure the mix is delicious. Arrange a pile of the veggie mix on top of the braesola on each plate. Crumble a Parmigiano disk on each plate.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:0.96, Inflammation Score:-8, Nutrition Score:11.984347830648%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 1.23mg, Isorhamnetin: 1.23mg, Isorhamnetin: 1.23mg, Isorhamnetin: 1.23mg Kaempferol: 4.58mg, Kaempferol: 4.58mg, Kaempferol: 4.58mg, Kaempferol: 4.58mg Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg

Nutrients (% of daily need)

Calories: 249.64kcal (12.48%), Fat: 20.7g (31.85%), Saturated Fat: 5.2g (32.53%), Carbohydrates: 5.86g (1.95%), Net Carbohydrates: 4.41g (1.6%), Sugar: 2.24g (2.49%), Cholesterol: 17mg (5.67%), Sodium: 612.47mg (26.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.9g (21.8%), Calcium: 336.61mg (33.66%), Vitamin K: 29.68µg (28.27%), Vitamin C: 21.49mg (26.05%), Phosphorus: 237.87mg (23.79%), Selenium: 13.75µg (19.65%), Vitamin E: 2.6mg (17.35%), Vitamin B2: 0.27mg (15.87%), Folate: 44.82µg (11.2%), Vitamin A: 535.2IU (10.7%), Potassium: 341.97mg (9.77%), Copper: 0.19mg (9.65%), Manganese: 0.18mg (9.09%), Vitamin B5: 0.88mg (8.78%), Zinc: 1.22mg (8.11%), Vitamin B6: 0.15mg (7.53%), Vitamin B3: 1.46mg (7.3%), Magnesium: 28.18mg (7.05%), Fiber: 1.45g (5.78%), Vitamin B12: 0.33µg (5.5%), Iron: 0.89mg (4.95%), Vitamin B1: 0.07mg (4.56%), Vitamin D: 0.16µg (1.03%)