



Broccoli-And-Cauliflower Salad With Blue Cheese Dressing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



83 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 2 tablespoons cheese blue crumbled
- 16 ounce broccoli and cauliflower florets fresh (such as River Ranch)
- 1 tablespoon parsley fresh finely chopped
- 3 tablespoons buttermilk low-fat
- 3 tablespoons mayonnaise low-fat
- 2 tablespoons onion diced red finely

0.3 teaspoon salt

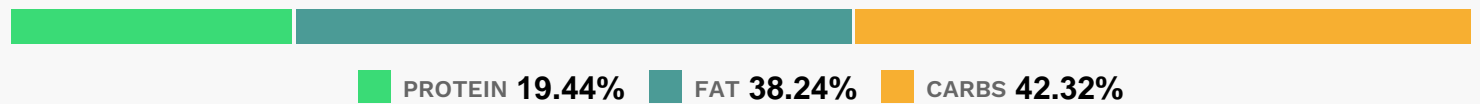
Equipment

bowl

Directions

- Steam broccoli and cauliflower, covered, 3 to 4 minutes or until crisp-tender. Rinse under cold water, and drain well. Set aside.
- Combine mayonnaise, buttermilk, onion, blue cheese, salt, and pepper in a small bowl.
- Combine broccoli and cauliflower with dressing in a large bowl.
- Sprinkle with parsley; stir well.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:1.61, Inflammation Score:-8, Nutrition Score:15.786956610563%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 8.94mg, Kaempferol: 8.94mg, Kaempferol: 8.94mg, Kaempferol: 8.94mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg

Nutrients (% of daily need)

Calories: 82.92kcal (4.15%), Fat: 3.89g (5.99%), Saturated Fat: 1.22g (7.65%), Carbohydrates: 9.69g (3.23%), Net Carbohydrates: 6.61g (2.4%), Sugar: 3.08g (3.42%), Cholesterol: 4.76mg (1.59%), Sodium: 327.27mg (14.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.9%), Vitamin K: 137.92µg (131.35%), Vitamin C: 102.96mg (124.8%), Folate: 76.16µg (19.04%), Vitamin A: 830.49IU (16.61%), Manganese: 0.26mg (12.79%), Fiber: 3.08g (12.33%), Potassium: 401.24mg (11.46%), Vitamin B6: 0.22mg (10.77%), Phosphorus: 102.1mg (10.21%), Vitamin B2: 0.17mg (9.75%), Calcium: 88.35mg (8.84%), Vitamin E: 1.14mg (7.59%), Vitamin B5: 0.76mg (7.58%), Magnesium: 27.18mg (6.79%), Vitamin B1: 0.09mg (5.96%), Selenium: 3.87µg (5.53%), Iron: 0.94mg (5.22%), Zinc: 0.63mg (4.22%), Vitamin B3: 0.79mg (3.94%), Copper: 0.06mg (3.23%), Vitamin B12: 0.07µg (1.12%)