



 **89%**
HEALTH SCORE

Broccoli Tartar

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



12

CALORIES



198 kcal

SIDE DISH

Ingredients

- 1 tablespoon apple cider vinegar
- 0.5 broccoli
- 2 canned tomatoes seeded
- 2 handfuls parsley finely chopped
- 1 teaspoon herbs de provence
- 1 tablespoon olive oil
- 1 shallots
- 1 bell pepper red

- 1 small pinch chili powder red hot
- 12 servings sea salt to taste
- 12 servings sesame seed toasted
- 1 dash soya sauce
- 12 servings savory vegetable raw green excellent for yo
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- 12 servings frangelico
- 1 cup frangelico (available in health food store)
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Equipment

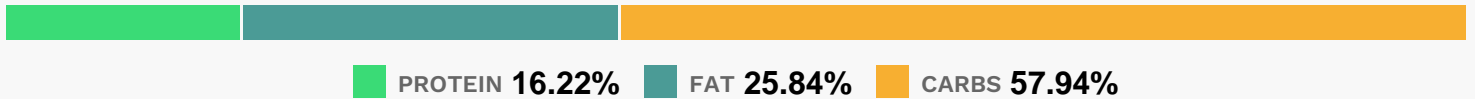
- bowl
- oven
- pot
- grill
- immersion blender

Directions

- Soak arame (seaweed can be found in a health-food store) in a bowl of pure water.
- Put the grill of the oven and put a pot of water on the fire with a pinch of sea salt. Wash the pepper, broccoli, parsley and tomatoes. Carve a cross down the tomatoes, halve the peppers and remove the seeds and cut the broccoli into chunks. When the water boils you immerse the tomatoes and leave them for a swim, get them and let them scare in cold water. They are now ready to go out of their jackets. Meanwhile, the broccoli can be swimming for 6 minutes in the boiling water. Note: The water will cool off and when back to a boil, then add 5 minutes. Get them dry and cool under cold water, then they stay nice and green. The pepper may be under the grill until it sees black.
- Let them cool and peel them. Chop the parsley.
- Put the cooled broccoli in a long narrow bowl and blend finely with a hand blender.

- Add the oil and vinegar with the salt.
- Add half the parsley and mix into a smooth puree. If too grainy (dry) put some extra oil.
- Cut the unseeded, peeled tomatoes and peppers into very small pieces. The shallot or onion may be chopped in mini pieces.
- Add the chopped vegetables to the puree and stir gently with a spoon. The rest of the chopped parsley may be added now. A little salt, soy sauce and chili powder. Start with a little bit and add some more later if desired. The herbs de Provence can now embellish the whole with its bright flavor. The seaweed may now well out of the water and squeeze out any excess moisture.
- Cut the seaweed finely and mix carefully with the puree. With an ice cream spoon you create beautiful balls and sprinkle with toasted sesame seeds. bon appetit

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:8.62, Inflammation Score:-10, Nutrition Score:23.698695652174%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Taste

Sweetness: 48.33%, Saltiness: 100%, Sourness: 49.05%, Bitterness: 52.53%, Savoriness: 31.5%, Fattiness: 79.05%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 197.78kcal (9.89%), Fat: 6.31g (9.71%), Saturated Fat: 0.95g (5.92%), Carbohydrates: 31.86g (10.62%), Net Carbohydrates: 21.96g (7.99%), Sugar: 2.68g (2.98%), Cholesterol: 0mg (0%), Sodium: 392.47mg (17.06%), Protein: 8.92g (17.83%), Vitamin A: 9853.02IU (197.06%), Vitamin C: 61.68mg (74.77%), Fiber: 9.9g (39.6%), Vitamin K: 41.4µg (39.43%), Manganese: 0.78mg (38.79%), Copper: 0.56mg (28.06%), Vitamin B1: 0.34mg (22.79%), Folate: 88.51µg (22.13%), Iron: 3.97mg (22.05%), Magnesium: 86.87mg (21.72%), Vitamin B6: 0.4mg (19.79%), Phosphorus: 192.05mg (19.21%), Potassium: 665.67mg (19.02%), Vitamin B3: 3.41mg (17.04%), Calcium: 160.87mg (16.09%), Vitamin B2: 0.25mg (14.81%), Zinc: 1.69mg (11.24%), Vitamin E: 1.02mg (6.82%), Selenium: 4.23µg (6.04%), Vitamin B5: 0.57mg (5.67%)