



Cauliflower and Fennel with Dijon-Cider Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



116 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 6 cups cauliflower florets (1 large head)
- ☐ 2 tablespoons apple cider vinegar
- ☐ 2 teaspoons dijon mustard
- ☐ 1 cup fennel bulb sliced
- ☐ 1 tablespoon fennel bulb fresh chopped
- ☐ 1 teaspoon honey

☐ 0.3 teaspoon kosher salt

☐ 0.3 cup olive oil

Equipment

☐ bowl

☐ frying pan

☐ sauce pan

☐ whisk

Directions

☐ Bring a large saucepan of water to a boil; add cauliflower. Boil 5 minutes; add sliced fennel. Boil 1 minute or until cauliflower is crisp-tender; drain.

☐ Combine oil and remaining ingredients in a large bowl, stirring with a whisk.

☐ Add cauliflower mixture; toss to coat.

☐ Warm Garlic-Anchovy: Boil 6 cups cauliflower florets 6 minutes or until crisp-tender; drain.

☐ Combine 1/4 cup olive oil, 3 minced drained anchovy fillets, 2 minced garlic cloves, 1/2 teaspoon crushed red pepper, and 1/4 teaspoon salt in a skillet over medium heat; cook 1 minute.

☐ Add cauliflower, 3 tablespoons chopped parsley, and 1/2 teaspoon grated lemon rind; toss.

☐ Serves 6 (serving size: about 1 cup) CALORIES 113; FAT 5g (sat 4g); SODIUM 205mg

☐ Lemon-Caper Vinaigrette: Boil 6 cups cauliflower florets 6 minutes or until crisp-tender; drain.

☐ Combine 1/4 cup olive oil, 2 tablespoons fresh lemon juice, 1/4 cup chopped parsley, 3 tablespoons minced shallots, 4 1/2 teaspoons rinsed and drained capers, 1/4 teaspoon kosher salt, and 1/4 teaspoon black pepper.

☐ Add cauliflower, tossing to coat.

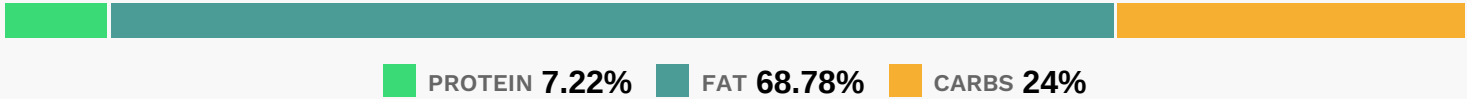
☐ Serves 6 (serving size: about 1 cup) CALORIES 113; FAT 4g (sat 3g); SODIUM 178mg

☐ Warm Curry: Boil 6 cups cauliflower florets 6 minutes or until crisp-tender; drain.

☐ Heat a large skillet over medium heat.

- ☐
- Add 1/4 cup olive oil; swirl to coat. Saut 1/2 cup chopped onion 2 minutes or until lightly golden. Stir in 2 tablespoons grated peeled fresh ginger, cauliflower, 1 teaspoon garam masala, 3/8 teaspoon kosher salt, and 1/4 teaspoon ground coriander. Cook 2 minutes.
- ☐
- Serves 6 (serving size: about 1 cup) CALORIES 114; FAT 3g (sat 3g); SODIUM 153mg

Nutrition Facts



Properties

Glycemic Index:46.38, Glycemic Load:1.81, Inflammation Score:-4, Nutrition Score:8.7139130312464%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 115.64kcal (5.78%), Fat: 9.37g (14.42%), Saturated Fat: 1.39g (8.7%), Carbohydrates: 7.36g (2.45%), Net Carbohydrates: 4.74g (1.72%), Sugar: 3.58g (3.98%), Cholesterol: 0mg (0%), Sodium: 154.54mg (6.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.43%), Vitamin C: 50.25mg (60.91%), Vitamin K: 31.73µg (30.22%), Folate: 61.73µg (15.43%), Manganese: 0.22mg (10.93%), Potassium: 377.21mg (10.78%), Fiber: 2.62g (10.48%), Vitamin E: 1.48mg (9.87%), Vitamin B6: 0.19mg (9.68%), Vitamin B5: 0.71mg (7.13%), Phosphorus: 54.86mg (5.49%), Magnesium: 19.1mg (4.78%), Vitamin B2: 0.07mg (3.95%), Vitamin B1: 0.05mg (3.66%), Iron: 0.64mg (3.58%), Calcium: 32.3mg (3.23%), Vitamin B3: 0.63mg (3.14%), Copper: 0.05mg (2.67%), Zinc: 0.32mg (2.14%), Selenium: 1.3µg (1.86%)