



Cauliflower ChowChow



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



215 kcal

SIDE DISH

Ingredients

- ☐ 1 cup apple cider vinegar
- ☐ 1.3 teaspoons celery seed generous ()
- ☐ 1.3 teaspoons ground mustard dry generous ()
- ☐ 2 servings kosher salt
- ☐ 0.7 cup onion finely chopped
- ☐ 5.5 tablespoons sugar
- ☐ 4 teaspoons mustard seeds yellow

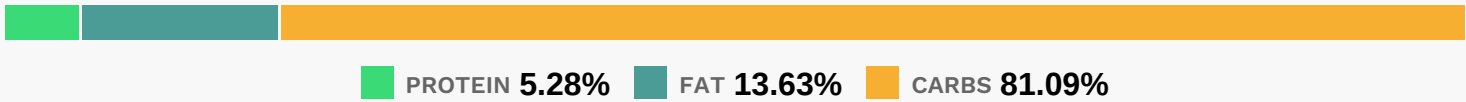
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Cook cauliflower florets in a large pot of boiling salted water until just crisp-tender, about 2 minutes.
- ☐ Drain cauliflower.
- ☐ Transfer to a rimmed baking sheet and set aside.
- ☐ Meanwhile, combine vinegar, onion, sugar, mustard seeds, dry mustard, and celery seeds in a large saucepan. Stir over medium heat until sugar dissolves.
- ☐ Add cauliflower to saucepan; bring to a boil. Reduce heat to medium and simmer until cauliflower is tender, about 3 minutes.
- ☐ Transfer mixture and pickling juices to a 1-quart jar.
- ☐ Let cool slightly, cover, and chill.
- ☐ Serve within 1 month.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:68.55, Glycemic Load:24.58, Inflammation Score:-4, Nutrition Score:6.3091303531242%

Flavonoids

Apigenin: 0.99mg, Apigenin: 0.99mg, Apigenin: 0.99mg, Apigenin: 0.99mg Luteolin: 9.54mg, Luteolin: 9.54mg, Luteolin: 9.54mg, Luteolin: 9.54mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.83mg, Quercetin: 10.83mg, Quercetin: 10.83mg, Quercetin: 10.83mg

Nutrients (% of daily need)

Calories: 215.21kcal (10.76%), Fat: 3.1g (4.77%), Saturated Fat: 0.19g (1.21%), Carbohydrates: 41.51g (13.84%), Net Carbohydrates: 39.58g (14.39%), Sugar: 36.17g (40.19%), Cholesterol: 0mg (0%), Sodium: 205.17mg (8.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.41%), Manganese: 0.64mg (32.01%), Selenium: 15.82µg (22.6%), Magnesium: 43.64mg (10.91%), Phosphorus: 91.89mg (9.19%), Iron: 1.6mg (8.88%), Fiber: 1.94g (7.75%), Potassium: 236.81mg (6.77%), Calcium: 62.45mg (6.25%), Vitamin B1: 0.09mg (5.81%), Vitamin C: 4.68mg (5.67%), Folate: 22µg (5.5%), Vitamin B6: 0.1mg (5.2%), Copper: 0.1mg (4.84%), Zinc: 0.67mg (4.46%), Vitamin E: 0.39mg (2.61%), Vitamin B2: 0.04mg (2.54%), Vitamin B3: 0.44mg (2.22%), Vitamin B5: 0.12mg (1.24%)