



Cauliflower vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



109 kcal

SIDE DISH

Ingredients

- ☐ 1 small cauliflower cut into florets
- ☐ 1 broccoflower cut into florets
- ☐ 1 small onion red very finely chopped
- ☐ 1 small handful capers rinsed
- ☐ 1 handful parsley chopped
- ☐ 6 tbsp olive oil
- ☐ 2 tbsp red wine vinegar
- ☐ 1 tbsp dijon mustard

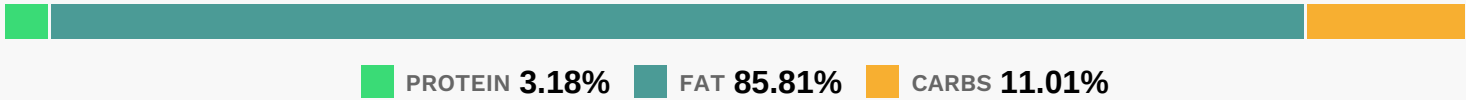
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Make the dressing by whisking all the ingredients together with some seasoning in a large bowl, then set aside.
- ☐ Bring a large pan of water to the boil, cook the cauliflower for 5–7 mins until just cooked, then drain well. While the cauliflower is still hot, toss it with the dressing and leave to cool. Just before serving, add the red onion, capers and parsley.

Nutrition Facts



Properties

Glycemic Index:15.38, Glycemic Load:0.61, Inflammation Score:-2, Nutrition Score:3.9069565430931%

Flavonoids

Apigenin: 1.1mg, Apigenin: 1.1mg, Apigenin: 1.1mg, Apigenin: 1.1mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg

Nutrients (% of daily need)

Calories: 108.69kcal (5.43%), Fat: 10.68g (16.42%), Saturated Fat: 1.5g (9.4%), Carbohydrates: 3.08g (1.03%), Net Carbohydrates: 2.08g (0.76%), Sugar: 1.25g (1.39%), Cholesterol: 0mg (0%), Sodium: 35.39mg (1.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.78%), Vitamin C: 17.83mg (21.61%), Vitamin K: 19.77µg (18.83%), Vitamin E: 1.55mg (10.35%), Folate: 22.41µg (5.6%), Fiber: 1g (4%), Manganese: 0.08mg (3.98%), Vitamin B6: 0.08mg (3.96%), Potassium: 126.62mg (3.62%), Vitamin B5: 0.25mg (2.46%), Phosphorus: 21.19mg (2.12%), Magnesium: 7.68mg (1.92%), Vitamin B1: 0.03mg (1.79%), Iron: 0.31mg (1.72%), Vitamin B2: 0.03mg (1.5%), Selenium: 0.91µg (1.3%), Calcium: 12.7mg (1.27%), Copper: 0.02mg (1.06%), Vitamin B3: 0.2mg (1.01%)