



Cauliflower, White Bean, and Feta Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



251 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 large heads belgian endive trimmed halved lengthwise thinly sliced
- ☐ 15 ounce beans white drained canned (such as Great Northern or navy beans)
- ☐ 1 medium head cauliflower trimmed cut into small florets (3 cups)
- ☐ 3 ounces feta cheese crumbled
- ☐ 1 tablespoon chives fresh chopped
- ☐ 2 teaspoons parsley fresh chopped
- ☐ 1 teaspoon rosemary leaves fresh minced
- ☐ 0.5 teaspoon pepper black

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2.5 teaspoons lemon zest finely grated
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon red wine vinegar
- ☐ 1.5 teaspoons salt

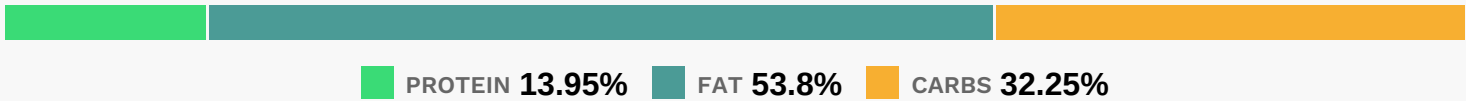
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine oil and rosemary in small saucepan. Stir over medium heat just until fragrant, about 1 minute. Cool.
- ☐ Whisk lemon juice, vinegar, lemon peel, salt, and pepper in small bowl.
- ☐ Combine cauliflower, beans, endive, chives, parsley, and rosemary oil in medium bowl; toss.
- ☐ Mix in cheese.
- ☐ Add lemon juice mixture and toss to coat. Season salad with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:33.17, Glycemic Load:4.69, Inflammation Score:-5, Nutrition Score:14.568260882212%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.56mg, Quercetin: 0.56mg,

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Nutrients (% of daily need)

Calories: 251.02kcal (12.55%), Fat: 15.55g (23.92%), Saturated Fat: 3.73g (23.29%), Carbohydrates: 20.97g (6.99%), Net Carbohydrates: 15.48g (5.63%), Sugar: 2.21g (2.45%), Cholesterol: 12.62mg (4.21%), Sodium: 775.87mg (33.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.07g (18.13%), Vitamin C: 49.56mg (60.08%), Manganese: 0.54mg (27.22%), Folate: 107.08µg (26.77%), Vitamin K: 26.27µg (25.02%), Fiber: 5.49g (21.96%), Potassium: 629.49mg (17.99%), Vitamin E: 2.4mg (16.02%), Phosphorus: 155.8mg (15.58%), Iron: 2.74mg (15.2%), Vitamin B6: 0.29mg (14.74%), Calcium: 146.11mg (14.61%), Magnesium: 54.31mg (13.58%), Vitamin B2: 0.21mg (12.11%), Copper: 0.21mg (10.59%), Zinc: 1.47mg (9.82%), Vitamin B1: 0.14mg (9.35%), Vitamin B5: 0.92mg (9.21%), Selenium: 3.86µg (5.52%), Vitamin B12: 0.24µg (3.99%), Vitamin B3: 0.72mg (3.6%), Vitamin A: 86.6IU (1.73%)