



Cauliflower Zucchini Toss

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



16

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups cauliflower florets
- 2 tablespoons apple cider vinegar
- 1 teaspoon tarragon dried
- 0.5 cup spring onion sliced
- 0.5 cup olives pitted ripe halved
- 0.3 cup orange juice
- 1 teaspoon orange zest grated
- 0.3 teaspoon pepper

- 8 cups the salad
- 0.5 teaspoon salt
- 0.3 cup vegetable oil
- 2 cups zucchini sliced

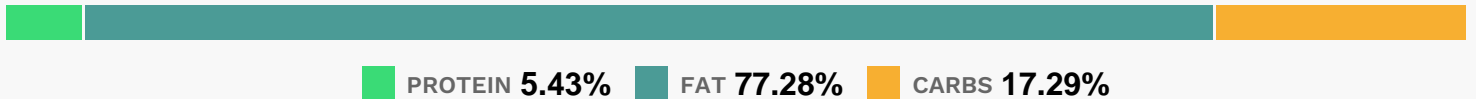
Equipment

- bowl
- sauce pan

Directions

- Add 1 in. of water to a saucepan; add cauliflower. Bring to a boil. Reduce heat; cover and simmer for 5–8 minutes or until crisp–tender. rinse in cold water; drain and place in a large bowl.
- Add zucchini, onions and olives; toss.
- In a jar with a tight–fitting lid, combine the oil, orange juice, vinegar, tarragon, orange peel, salt and pepper; shake well.
- Pour over cauliflower mixture and toss to coat. Cover and refrigerate for 2 hours. Just before serving, toss with salad greens.

Nutrition Facts



Properties

Glycemic Index:17.06, Glycemic Load:0.47, Inflammation Score:-4, Nutrition Score:3.7021739223729%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 58.93kcal (2.95%), Fat: 5.31g (8.17%), Saturated Fat: 0.81g (5.09%), Carbohydrates: 2.67g (0.89%), Net Carbohydrates: 2.01g (0.73%), Sugar: 1.05g (1.17%), Cholesterol: 0mg (0%), Sodium: 149.39mg (6.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.68%), Vitamin C: 16.2mg (19.63%), Vitamin K: 17.54µg (16.7%), Vitamin A: 319.63IU (6.39%), Folate: 21.92µg (5.48%), Manganese: 0.1mg (5.03%), Potassium: 136.22mg (3.89%), Vitamin E: 0.58mg (3.87%), Vitamin B6: 0.07mg (3.62%), Fiber: 0.66g (2.65%), Magnesium: 8.99mg (2.25%), Vitamin B2: 0.04mg (2.23%), Phosphorus: 21.79mg (2.18%), Iron: 0.36mg (2%), Vitamin B1: 0.03mg (1.72%), Copper: 0.03mg (1.7%), Vitamin B5: 0.15mg (1.51%), Vitamin B3: 0.3mg (1.49%), Calcium: 14.64mg (1.46%)