



Grilled Broccoli and Bread Salad with Pickled Shallots



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



33 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup agave syrup
- ☐ 1 pound broccoli peeled cut into long spears, stems
- ☐ 0.5 pound vegan ciabatta sliced
- ☐ 2 teaspoons pepper red crushed
- ☐ 0.5 cup cooking sherry dry
- ☐ 4 garlic cloves minced
- ☐ 0.3 cup golden raisins

- ☐ 1 juice of lemon grated
- ☐ 45 servings kosher salt
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 45 servings pepper freshly ground
- ☐ 2 tablespoons pinenuts toasted
- ☐ 2 teaspoons rosemary chopped
- ☐ 2 large shallots thinly sliced
- ☐ 0.3 cup sherry vinegar
- ☐ 1 teaspoon thyme leaves chopped

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ grill
- ☐ aluminum foil

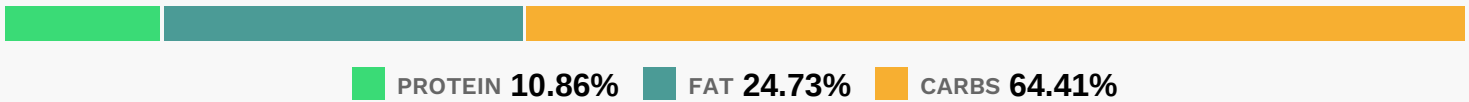
Directions

- ☐ Put the shallots and the raisins in 2 separate, small, heatproof bowls. In a small saucepan, combine the sherry, vinegar and agave syrup and bring to a boil.
- ☐ Pour 2 tablespoons of the hot mixture over the raisins; pour the rest over the shallots and add the thyme and 1 teaspoon of salt. Cover both bowls.
- ☐ Light a grill. In a small bowl, combine the lemon zest and juice with the olive oil and season with salt and pepper. Set aside 3 tablespoons of the dressing.
- ☐ Add the garlic, crushed red pepper and rosemary to the remaining dressing in the bowl.
- ☐ On a rimmed baking sheet, drizzle the broccoli with half of the dressing from the bowl and toss well. Season with salt and pepper.
- ☐ Brush the remaining dressing from the bowl on the ciabatta slices. Grill the broccoli over moderate heat, turning, until lightly charred and barely tender, 8 minutes.

- ☐
- Transfer the broccoli to a bowl, cover with foil and let steam for 5 minutes. Grill the ciabatta over moderate heat until crisp, 1 minute.

☐☐☐☐

Nutrition Facts



Properties

Glycemic Index:7.24, Glycemic Load:0.71, Inflammation Score:-2, Nutrition Score:2.0539130620334%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 32.84kcal (1.64%), Fat: 0.89g (1.37%), Saturated Fat: 0.13g (0.79%), Carbohydrates: 5.2g (1.73%), Net Carbohydrates: 4.73g (1.72%), Sugar: 1.64g (1.83%), Cholesterol: 0mg (0%), Sodium: 223.89mg (9.73%), Alcohol: 0.27g (100%), Alcohol %: 1.28% (100%), Protein: 0.88g (1.76%), Vitamin C: 9.87mg (11.96%), Vitamin K: 11.39µg (10.85%), Manganese: 0.09mg (4.5%), Fiber: 0.48g (1.91%), Folate: 7.58µg (1.9%), Vitamin A: 92.21IU (1.84%), Vitamin B6: 0.03mg (1.74%), Vitamin E: 0.24mg (1.6%), Potassium: 52.21mg (1.49%), Phosphorus: 12.36mg (1.24%), Magnesium: 4.6mg (1.15%), Vitamin B2: 0.02mg (1.1%), Iron: 0.18mg (1.02%)