




Grilled Vegetable Salad With Brown Butter Vinaigrette

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



405 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 servings arugula wild
- 6 servings baby carrots
- 6 servings cauliflower
- 6 servings dijon mustard
- 6 servings olive oil extra virgin
- 6 servings garlic
- 6 servings goat cheese fresh

- 6 servings salt and pepper freshly ground
- 1 Leaves mint leaves fresh
- 6 servings olive oil
- 1 large radishes
- 6 servings shallots
- 6 servings sherry vinegar
- 6 servings butter unsalted

Equipment

- bowl
- frying pan
- sauce pan
- whisk
- blender
- grill

Directions

- Prepare a hot fire for direct-heat cooking in a charcoal grill. To make the vinaigrette, in a saucepan over medium heat, melt the butter. When the butter is melted, reduce the heat to medium-low and simmer gently, swirling the pan often, until the butter is browned and smells nutty, about 10 minutes.
- Let cool to room temperature. In a large bowl, whisk together the brown butter, shallot, garlic, mustard and vinegar.
- Whisk in the oil and season to taste with salt and pepper. (You can also whirl the ingredients together in a blender, if you like.) In a large bowl, mix together the cauliflower, carrots, radishes and the 1/2 cup olive oil. Season with salt and pepper.
- Put the vegetables on the grill rack and cook, turning once, until pronounced grill marks form, about 2 minutes per side. You want to have nice caramelization on the vegetables, but they should still have some integrity to them.
- Remove the vegetables from the grill, put them in a large bowl, and let cool slightly.

Add the arugula, mint and vinaigrette and toss well. Divide the vegetables evenly among 6 salad plates. Top with the goat cheese, dividing it evenly, and serve

Nutrition Facts

PROTEIN 6.66% **FAT 84.68%** **CARBS 8.66%**

Properties

Glycemic Index:31.33, Glycemic Load:0.42, Inflammation Score:-10, Nutrition Score:13.614782525145%

Flavonoids

Pelargonidin: 0.95mg, Pelargonidin: 0.95mg, Pelargonidin: 0.95mg, Pelargonidin: 0.95mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 404.51kcal (20.23%), Fat: 38.75g (59.61%), Saturated Fat: 10.85g (67.81%), Carbohydrates: 8.91g (2.97%), Net Carbohydrates: 5.93g (2.16%), Sugar: 4.75g (5.28%), Cholesterol: 24.55mg (8.18%), Sodium: 431.22mg (18.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.86g (13.72%), Vitamin A: 12397.97IU (247.96%), Vitamin K: 36.94µg (35.19%), Vitamin E: 4.27mg (28.44%), Copper: 0.33mg (16.42%), Manganese: 0.27mg (13.5%), Fiber: 2.98g (11.92%), Phosphorus: 118.74mg (11.87%), Vitamin B6: 0.22mg (10.94%), Iron: 1.81mg (10.04%), Calcium: 96.67mg (9.67%), Vitamin B2: 0.16mg (9.58%), Folate: 38.13µg (9.53%), Potassium: 279.02mg (7.97%), Vitamin C: 5.48mg (6.64%), Vitamin B5: 0.64mg (6.39%), Magnesium: 21.97mg (5.49%), Selenium: 3.84µg (5.48%), Vitamin B1: 0.07mg (4.53%), Zinc: 0.55mg (3.68%), Vitamin B3: 0.69mg (3.47%), Vitamin D: 0.19µg (1.3%), Vitamin B12: 0.07µg (1.09%)