



Herbed Cauliflower and Broccoli Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



35 min.

SERVINGS



6

CALORIES



112 kcal

SIDE DISH

Ingredients

- 3 cups broccoli chopped
- 2 tablespoons capers minced
- 3 cups cauliflower chopped
- 1 tablespoon juice of lemon freshly squeezed
- 0.3 cup olive oil
- 3 tablespoons parsley fresh italian minced
- 1 medium shallots minced

Equipment

- bowl
- baking sheet
- pot

Directions

- Bring a medium pot of heavily salted water to a boil over high heat. Meanwhile, place olive oil, parsley, capers, lemon juice, and shallot in a large nonreactive bowl and stir to combine. Season with salt and freshly ground black pepper; set aside. When the water is boiling, add broccoli and cauliflower and cook until fork tender, about 4 minutes.
- Drain and spread out on a baking sheet until cooled slightly, about 5 minutes.
- Add vegetables to vinaigrette and toss to evenly coat. Season with additional salt and freshly ground black pepper.
- Serve warm, at room temperature, or chilled.

Nutrition Facts

PROTEIN 8.12% **FAT 70.11%** **CARBS 21.77%**

Properties

Glycemic Index:21, Glycemic Load:1.23, Inflammation Score:-6, Nutrition Score:12.465652341428%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 7.16mg, Kaempferol: 7.16mg, Kaempferol: 7.16mg, Kaempferol: 7.16mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

Nutrients (% of daily need)

Calories: 111.9kcal (5.6%), Fat: 9.35g (14.39%), Saturated Fat: 1.37g (8.55%), Carbohydrates: 6.54g (2.18%), Net Carbohydrates: 4.1g (1.49%), Sugar: 2.12g (2.36%), Cholesterol: 0mg (0%), Sodium: 105.18mg (4.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.87%), Vitamin K: 91.54µg (87.18%), Vitamin C: 67.42mg (81.73%), Folate: 61.79µg (15.45%), Vitamin E: 1.72mg (11.49%), Fiber: 2.44g (9.74%), Manganese: 0.19mg (9.38%), Vitamin B6: 0.19mg (9.35%), Potassium: 317.27mg (9.06%), Vitamin A: 446.6IU (8.93%), Vitamin B5: 0.61mg (6.1%), Phosphorus: 55.17mg (5.52%), Vitamin B2: 0.09mg (5.2%), Magnesium: 19.65mg (4.91%), Iron: 0.8mg (4.46%), Vitamin B1:

0.06mg (4.1%), Calcium: 37.29mg (3.73%), Vitamin B3: 0.59mg (2.94%), Copper: 0.06mg (2.9%), Zinc: 0.36mg (2.42%), Selenium: 1.49µg (2.12%)