



Insalata di Rinforzo



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



457 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce baby corns drained and rinsed canned
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 4 ounce capers drained
- ☐ 2 pound cauliflower
- ☐ 7 ounce olives green drained
- ☐ 48 ounces giardiniera drained
- ☐ 6 ounce kalamata olives pitted drained
- ☐ 0.7 cup olive oil extra-virgin

- ☐ 7.5 ounce baby pearl onions drained
- ☐ 0.3 cup red wine vinegar
- ☐ 12 ounce roasted bell peppers red drained

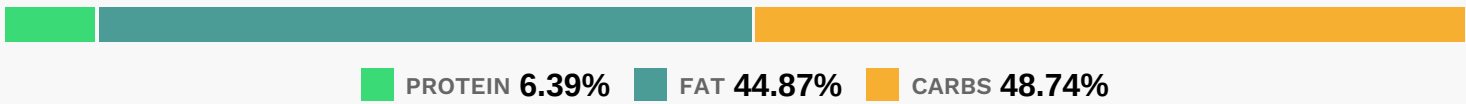
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ skewers

Directions

- ☐ Pour enough water (about 2 cups) into a large wide pot to come 1-inch up the sides. Cover and bring the water to a boil over high heat.
- ☐ Add the whole head of cauliflower to the boiling water. Reduce the heat to medium. Cover and steam until a skewer inserts easily into the core of the cauliflower, about 8 minutes.
- ☐ Transfer the cauliflower to the center of a 16 to 20-inch-diameter platter. Set aside to cool completely.
- ☐ Arrange the giardiniera, corn, and roasted bell peppers in piles around the cauliflower.
- ☐ Sprinkle the onions and olives over the vegetables.
- ☐ Sprinkle the capers over.
- ☐ Whisk the oil, vinegar, and black pepper in a medium bowl to blend.
- ☐ Drizzle the vinaigrette over the vegetables, and serve. The salad can be prepared ahead. Cover the salad and refrigerate it overnight. Bring the salad to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:12.21, Glycemic Load:4.76, Inflammation Score:-6, Nutrition Score:10.898260868114%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 12.8mg, Kaempferol: 12.8mg, Kaempferol: 12.8mg, Kaempferol: 12.8mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 20.31mg, Quercetin: 20.31mg, Quercetin: 20.31mg, Quercetin: 20.31mg

Nutrients (% of daily need)

Calories: 457.45kcal (22.87%), Fat: 38.56g (59.32%), Saturated Fat: 1.17g (7.3%), Carbohydrates: 94.22g (31.41%), Net Carbohydrates: 89.86g (32.68%), Sugar: 4.01g (4.46%), Cholesterol: 0mg (0%), Sodium: 3857.34mg (167.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.36g (24.72%), Vitamin C: 63.79mg (77.32%), Fiber: 4.36g (17.45%), Vitamin K: 16.4µg (15.62%), Folate: 62.27µg (15.57%), Manganese: 0.28mg (13.81%), Vitamin B6: 0.27mg (13.61%), Vitamin E: 1.7mg (11.31%), Potassium: 392.06mg (11.2%), Vitamin B5: 0.83mg (8.29%), Copper: 0.17mg (8.28%), Magnesium: 32.49mg (8.12%), Vitamin A: 375.62IU (7.51%), Phosphorus: 74.33mg (7.43%), Vitamin B3: 1.29mg (6.46%), Vitamin B1: 0.09mg (6.29%), Iron: 1.11mg (6.16%), Vitamin B2: 0.09mg (5.55%), Calcium: 54.3mg (5.43%), Zinc: 0.55mg (3.68%), Selenium: 1.1µg (1.57%)