



Insalata di Rinforzo

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

25 min.

SERVINGS

servings

8

CALORIES

calories

212 kcal

SIDE DISH

Ingredients

- ☐ 7 ounces olives green black pitted (, , or a mixture)
- ☐ 2 tablespoons capers
- ☐ 1 head cauliflower cut into florets
- ☐ 3 stalks celery
- ☐ 4 tablespoons coarse salt (recommended: Maldon)
- ☐ 1 fennel bulb sliced
- ☐ 1 teaspoon fennel seeds
- ☐ 1 bunch flat-leaf parsley chopped

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 bottle olive oil extra-virgin (not)
- ☐ 10 ounces pickling onions hot peeled
- ☐ 6 chile peppers whole red
- ☐ 2 pasilla peppers red seeded cut into 3/ strips
- ☐ 8 servings salt and pepper
- ☐ 1 bottle citrus champagne vinegar
- ☐ 2.8 cups citrus champagne vinegar
- ☐ 3 tablespoons citrus champagne vinegar
- ☐ 4 cloves garlic whole peeled
- ☐ 2 pasilla peppers yellow seeded cut into 3/ strips

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ slotted spoon
- ☐ canning jar

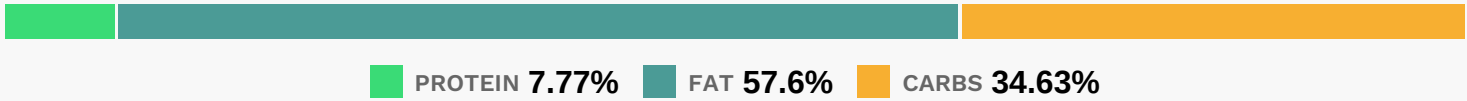
Directions

- ☐ Put 16 cups of water into a large saucepan and bring to a boil.
- ☐ Add 2 tablespoons of salt and the cauliflower florets and cook them until tender-crisp, about 5 to 8 minutes.
- ☐ Remove the cauliflower florets with a slotted spoon and plunge them straight into a bowl of iced water.
- ☐ Pour out half of the boiling water and add the white wine vinegar, remaining salt, fennel seeds, and garlic cloves. Bring the pan back to a boil and add the celery, onions, peppers, fennel, and whole chiles; cook for about 10 minutes until tender. Refresh the vegetables in the same way, plunging them into iced water; when they are cold, drain them along with the cauliflower

florets.

- ☐
- In a large bowl, mix the cauliflower and other vegetables with the garlic, olives and capers.
- ☐
- Whisk together the vinegar and oil for the dressing and pour over the salad. Season with salt and pepper and sprinkle over the chopped parsley.
- ☐
- Combine everything really well, which is easiest done using your hands. At this point you have a pickled vegetable salad which serves 8 generously, or you can stuff everything into wide-necked sterilized canning jars and pour in a mixture of half vinegar and half olive oil to cover the vegetables.

Nutrition Facts



Properties

Glycemic Index:34.38, Glycemic Load:3.73, Inflammation Score:-9, Nutrition Score:20.976521688959%

Flavonoids

Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Apigenin: 15.81mg, Apigenin: 15.81mg, Apigenin: 15.81mg, Apigenin: 15.81mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg Kaempferol: 3.27mg, Kaempferol: 3.27mg, Kaempferol: 3.27mg, Kaempferol: 3.27mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 11.58mg, Quercetin: 11.58mg, Quercetin: 11.58mg, Quercetin: 11.58mg

Nutrients (% of daily need)

Calories: 212.04kcal (10.6%), Fat: 13.66g (21.01%), Saturated Fat: 1.96g (12.26%), Carbohydrates: 18.48g (6.16%), Net Carbohydrates: 12.64g (4.6%), Sugar: 7.48g (8.31%), Cholesterol: 0mg (0%), Sodium: 4191.05mg (182.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.29%), Vitamin C: 192.93mg (233.86%), Vitamin K: 163.44µg (155.65%), Vitamin A: 2120.46IU (42.41%), Vitamin B6: 0.54mg (27.06%), Folate: 102.26µg (25.57%), Fiber: 5.83g (23.34%), Manganese: 0.46mg (23.2%), Vitamin E: 3.31mg (22.06%), Potassium: 757.33mg (21.64%), Iron: 2.38mg (13.22%), Magnesium: 47.75mg (11.94%), Copper: 0.21mg (10.67%), Phosphorus: 105.38mg (10.54%), Calcium: 91.26mg (9.13%), Vitamin B3: 1.81mg (9.04%), Vitamin B5: 0.88mg (8.84%), Vitamin B2: 0.15mg (8.61%), Vitamin B1: 0.12mg (8.18%), Zinc: 0.7mg (4.67%), Selenium: 1.64µg (2.34%)