



Italian Vegetable Salad with Creamy Garlic Dressing



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



76 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 fillet flat anchovy chopped in oil
- ☐ 0.5 pound asparagus trimmed
- ☐ 0.3 head cauliflower
- ☐ 1 teaspoon dijon mustard
- ☐ 3 large egg yolks
- ☐ 2 medium fennel bulbs
- ☐ 1 garlic clove grated (use a Microplane)

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup vegetable oil

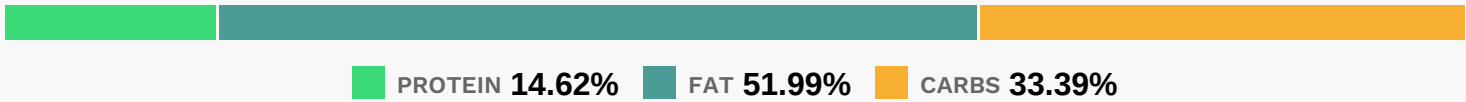
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ blender

Directions

- ☐ Trim fennel (reserving fronds) and remove tough outer layer. Thinly slice fennel crosswise and cauliflower lengthwise (1/8 inch). Slice asparagus on a diagonal (1/8 inch).
- ☐ Combine vegetables in a large bowl.
- ☐ Purée yolks, garlic, anchovies, mustard, lemon juice, and 1/4 teaspoon each of salt and pepper in a blender. With motor running, add oil in a slow stream, blending until dressing is thick and emulsified.
- ☐ Toss vegetables with enough dressing to coat. Season with salt.
- ☐ Sprinkle with fennel fronds.
- ☐ Fontaleoni Vernaccia diSan Gimignano '07
- ☐ •The egg yolks in the dressing are not cooked. For a quicker, egg-safe dressing, use 2/3 cup mayonnaise in place of the yolks and oil. •Vegetables and dressing can be prepared 3 hours ahead and chilled separately (vegetables in sealable bags lined with damp paper towels).

Nutrition Facts



Properties

Glycemic Index:21.38, Glycemic Load:1.47, Inflammation Score:-4, Nutrition Score:9.0030434649924%

Flavonoids

Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg,

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 75.58kcal (3.78%), Fat: 4.69g (7.22%), Saturated Fat: 1.13g (7.05%), Carbohydrates: 6.78g (2.26%), Net Carbohydrates: 3.97g (1.44%), Sugar: 3.27g (3.63%), Cholesterol: 69.45mg (23.15%), Sodium: 47.44mg (2.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.94%), Vitamin K: 56.39µg (53.7%), Vitamin C: 18.11mg (21.96%), Folate: 50.61µg (12.65%), Fiber: 2.81g (11.23%), Potassium: 368.33mg (10.52%), Manganese: 0.2mg (9.88%), Phosphorus: 79.9mg (7.99%), Vitamin A: 385.73IU (7.71%), Selenium: 5.37µg (7.67%), Iron: 1.33mg (7.41%), Vitamin E: 1.07mg (7.15%), Vitamin B2: 0.11mg (6.28%), Vitamin B6: 0.12mg (5.8%), Copper: 0.11mg (5.41%), Vitamin B5: 0.54mg (5.37%), Calcium: 50.3mg (5.03%), Vitamin B1: 0.07mg (4.64%), Vitamin B3: 0.89mg (4.46%), Magnesium: 17.84mg (4.46%), Zinc: 0.49mg (3.28%), Vitamin D: 0.34µg (2.29%), Vitamin B12: 0.13µg (2.18%)