



Mixed Vegetable Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



65 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 bay leaves
- ☐ 1 teaspoon peppercorns black
- ☐ 8 ounces button mushrooms halved
- ☐ 1 cup carrots ()
- ☐ 2 cups cauliflower florets
- ☐ 1 teaspoon coriander seeds
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 cup cooking wine dry white

- ☐ 2 cups fennel bulb chopped
- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 5 garlic cloves peeled sliced
- ☐ 1 cup cut green beans (1-inch)
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 2 cups onion red coarsely chopped
- ☐ 1 tablespoon sea salt
- ☐ 2 teaspoons sea salt
- ☐ 1 teaspoon sugar
- ☐ 2 thyme sprigs
- ☐ 4 quarts water
- ☐ 0.5 cup citrus champagne vinegar

Equipment

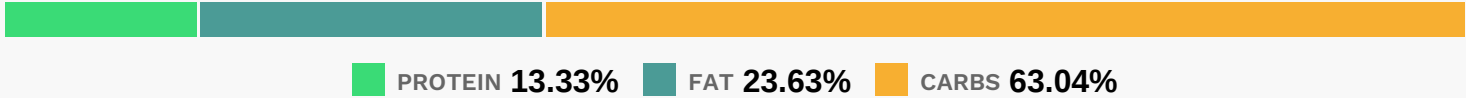
- ☐ bowl
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ To prepare marinade, combine first 12 ingredients in a medium saucepan; bring to a boil. Cook until reduced to 1 cup (about 12 minutes).
- ☐ Let cool; discard bay leaves and thyme.
- ☐ To prepare vegetables, bring water and 1 tablespoon sea salt to a boil in a Dutch oven.
- ☐ Add cauliflower, carrot, and beans; cook 2 minutes.
- ☐ Add fennel, onion, and mushrooms; cook 3 minutes.
- ☐ Drain; rinse with cold water.
- ☐ Drain.
- ☐ Place vegetables in a large bowl.

- ☐
- Pour marinade over vegetables; toss well to coat. Cover and chill 4 hours.
- ☐
- Drain; sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:37.74, Glycemic Load:2.12, Inflammation Score:-9, Nutrition Score:8.0121738029563%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg

Nutrients (% of daily need)

Calories: 65.47kcal (3.27%), Fat: 1.45g (2.24%), Saturated Fat: 0.24g (1.48%), Carbohydrates: 8.73g (2.91%), Net Carbohydrates: 6.49g (2.36%), Sugar: 3.87g (4.3%), Cholesterol: 0mg (0%), Sodium: 1010.29mg (43.93%), Alcohol: 2.06g (100%), Alcohol %: 0.58% (100%), Protein: 1.84g (3.69%), Vitamin A: 1917.51IU (38.35%), Vitamin K: 24.06µg (22.91%), Vitamin C: 17.06mg (20.67%), Manganese: 0.24mg (12%), Fiber: 2.23g (8.92%), Potassium: 301.71mg (8.62%), Copper: 0.16mg (8.19%), Vitamin B6: 0.15mg (7.39%), Folate: 28.7µg (7.18%), Vitamin B2: 0.12mg (7.15%), Vitamin B3: 1.12mg (5.59%), Phosphorus: 54.29mg (5.43%), Vitamin B5: 0.54mg (5.41%), Magnesium: 20.8mg (5.2%), Calcium: 43.71mg (4.37%), Iron: 0.72mg (4.01%), Vitamin B1: 0.06mg (3.86%), Selenium: 2.44µg (3.48%), Vitamin E: 0.41mg (2.74%), Zinc: 0.36mg (2.43%)