



Pickled Cauliflower Salad with Chanterelles and Fennel

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



1485 min.

SERVINGS



4

CALORIES



351 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups baby arugula washed
- 3 bay leaves
- 4 servings quality finishing oil good
- 0.5 head cauliflower cut into very small florets
- 1 cup champagne vinegar
- 0.5 pound chanterelles cleaned
- 1 small bulb fennel very thin sliced for serving

- 2 cloves garlic smashed
- 2 big shakes hot sauce (recommended: Tabasco)
- 3 tablespoons kosher salt
- 4 servings kosher salt
- 4 servings olive oil extra-virgin
- 4 servings pepper flakes red crushed
- 1 small spring onion julienned
- 2 tablespoons sugar
- 0.5 cup water

Equipment

- bowl
- oven
- baking pan

Directions

- Watch how to make this recipe.
- Combine all the ingredients in covered container and refrigerate for at least 24 hours.
- Preheat the oven to 375 degrees F.
- In a small baking pan add the mushrooms, oil, salt, and crushed red pepper, to taste, and toss to coat. Roast until the mushrooms are soft and golden around the edges, about 12 to 15 minutes
- Toss together the mushrooms, fennel, onion, arugula, fennel fronds, and pickled cauliflower in a large bowl. Toss with some big fat finishing oil and a little of the pickling liquid. Taste and add salt, if needed. The salad should be very flavorful without being soggy. Arrange on individual serving plates and serve.
- What a salad- it's springtime on a plate!
- The pickled cauliflower adds a lot to this salad but it is a MUST DO ahead. Also, a big batch of these can be made and reserved in the refrigerator

Nutrition Facts

PROTEIN 4.09% FAT 73.52% CARBS 22.39%

Properties

Glycemic Index:60.27, Glycemic Load:6.2, Inflammation Score:-7, Nutrition Score:19.01347823765%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.77mg, Kaempferol: 3.77mg, Kaempferol: 3.77mg, Kaempferol: 3.77mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 350.69kcal (17.53%), Fat: 29.01g (44.63%), Saturated Fat: 3.17g (19.81%), Carbohydrates: 19.88g (6.63%), Net Carbohydrates: 13.53g (4.92%), Sugar: 10.72g (11.91%), Cholesterol: 0mg (0%), Sodium: 5538.99mg (240.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.26%), Vitamin K: 81.93µg (78.03%), Vitamin C: 44.59mg (54.05%), Vitamin E: 5.68mg (37.85%), Manganese: 0.53mg (26.33%), Fiber: 6.35g (25.39%), Potassium: 855.16mg (24.43%), Iron: 3.66mg (20.35%), Vitamin D: 3.01µg (20.03%), Vitamin A: 926.74IU (18.53%), Folate: 69.17µg (17.29%), Vitamin B3: 3.34mg (16.69%), Copper: 0.32mg (15.78%), Vitamin B5: 1.3mg (12.97%), Vitamin B6: 0.26mg (12.77%), Vitamin B2: 0.22mg (12.69%), Phosphorus: 112.07mg (11.21%), Magnesium: 39.34mg (9.84%), Calcium: 87.9mg (8.79%), Zinc: 0.91mg (6.05%), Vitamin B1: 0.06mg (4.24%), Selenium: 2.8µg (4%)