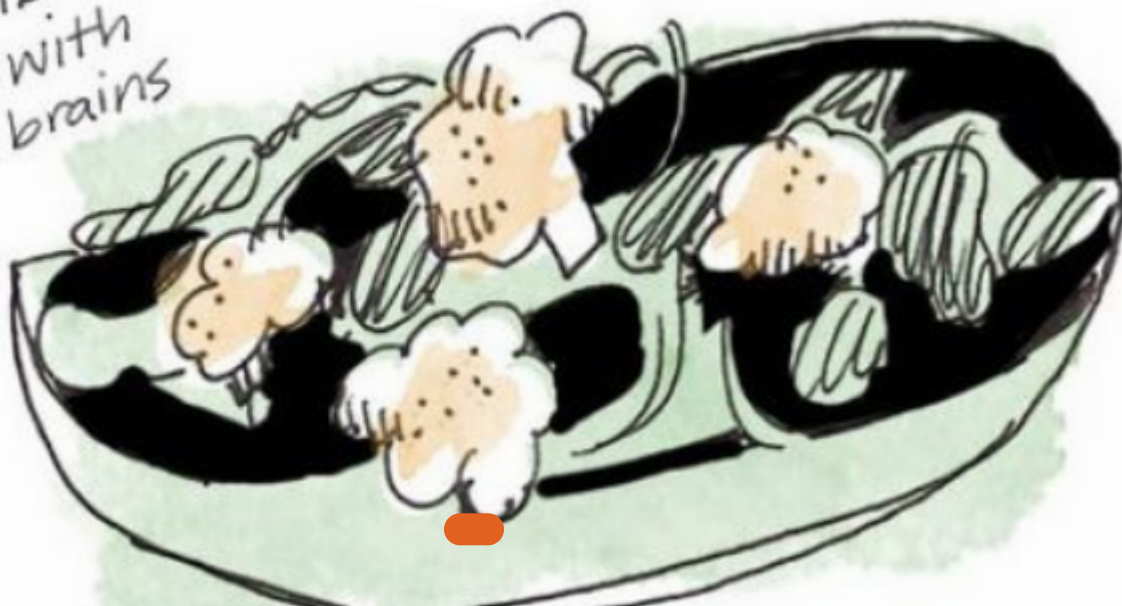


Roasted
Cauliflower
Salad
looks like it's
made with
tiny brains



Roast Cauliflower and Spinach Salad with Champagne Vinaigrette

 Gluten Free

READY IN



240 min.

SERVINGS



6

CALORIES



135 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 ounces baby spinach (two bags)
- ☐ 2 medium heads cauliflower cut into individual florets
- ☐ 2 tablespoons champagne vinegar
- ☐ 1 tablespoon dijon mustard
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 teaspoon paprika

- ☐ 3 ounces parmesan shaved (use a sharp vegetable peeler)
- ☐ 0.5 onion red thinly sliced

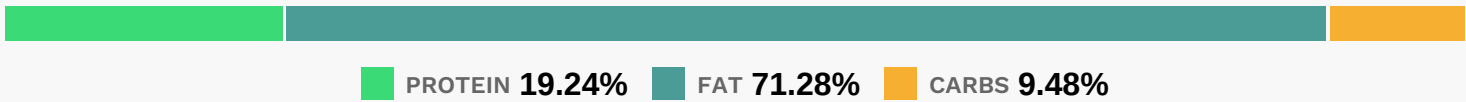
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Adjust oven rack to middle position and preheat oven to 425°F. In a medium-sized roasting pan, toss the cauliflower with 3 tablespoons of olive oil, kosher salt and paprika. Roast until tender and well caramelized, about 40 minutes.
- ☐ Remove from oven and cool to room temperature.
- ☐ Meanwhile, combine champagne vinegar, mustard, remaining olive oil and salt in a sealed container and shake to emulsify. In a large salad bowl, add the roasted cauliflower, spinach and onion.
- ☐ Add the vinaigrette and toss. Top salad with shaved Parmesan and serve immediately

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:0.54, Inflammation Score:-10, Nutrition Score:16.444347919329%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 3.08mg, Kaempferol: 3.08mg, Kaempferol: 3.08mg, Kaempferol: 3.08mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 135.01kcal (6.75%), Fat: 10.96g (16.86%), Saturated Fat: 3.34g (20.85%), Carbohydrates: 3.28g (1.09%), Net Carbohydrates: 1.91g (0.7%), Sugar: 0.76g (0.84%), Cholesterol: 9.64mg (3.21%), Sodium: 680.61mg (29.59%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.66g (13.32%), Vitamin K: 232.93µg (221.84%), Vitamin A: 4625.31IU (92.51%), Folate: 94.84µg (23.71%), Manganese: 0.46mg (22.77%), Calcium: 219.35mg (21.94%), Vitamin C: 14.15mg (17.15%), Vitamin E: 2.06mg (13.72%), Phosphorus: 127.95mg (12.8%), Magnesium: 46.24mg (11.56%), Iron: 1.56mg (8.65%), Potassium: 300.72mg (8.59%), Vitamin B2: 0.14mg (8.4%), Selenium: 4.57µg (6.53%), Vitamin B6: 0.12mg (6.1%), Fiber: 1.37g (5.47%), Zinc: 0.68mg (4.55%), Copper: 0.07mg (3.68%), Vitamin B1: 0.05mg (3.47%), Vitamin B12: 0.17µg (2.83%), Vitamin B3: 0.42mg (2.12%), Vitamin B5: 0.12mg (1.2%)