



Roasted-Broccoflower Salad with Orange Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



64 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 heads broccoflower green cut into florets (16 cups) (cauliflower)
- ☐ 1 pound brussels sprouts trimmed halved
- ☐ 2 tablespoons capers
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 0.3 cup kalamata olives pitted coarsely chopped
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 0.3 cup fresh-squeezed orange juice
- ☐ 1 teaspoon orange rind grated
- ☐ 0.8 teaspoon salt divided

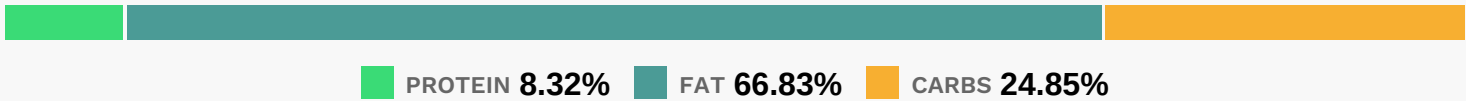
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Combine broccoflower and 1/4 cup of the olive oil in a large bowl. Arrange in a single layer on 2 jelly-roll pans; sprinkle with 1/2 teaspoon salt and pepper. Roast at 450 for 20 minutes, stirring once.
- ☐ Add sprouts; roast 10 minutes, stirring once.
- ☐ Combine remaining 1/4 teaspoon salt, rind, and next 4 ingredients (through capers) in a large bowl.
- ☐ Add vegetables; toss to combine.
- ☐ Drizzle with remaining oil.

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:0.91, Inflammation Score:-5, Nutrition Score:8.7304346950158%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 63.5kcal (3.18%), Fat: 5.08g (7.81%), Saturated Fat: 0.71g (4.43%), Carbohydrates: 4.25g (1.42%), Net Carbohydrates: 2.59g (0.94%), Sugar: 1.3g (1.45%), Cholesterol: 0mg (0%), Sodium: 236.47mg (10.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.84%), Vitamin K: 90.55µg (86.24%), Vitamin C: 36.86mg (44.68%), Vitamin A: 414.46IU (8.29%), Vitamin E: 1.11mg (7.41%), Manganese: 0.14mg (6.84%), Folate: 26.96µg (6.74%), Fiber: 1.66g (6.62%), Potassium: 167.4mg (4.78%), Vitamin B6: 0.09mg (4.38%), Vitamin B1: 0.06mg (3.96%), Iron: 0.69mg (3.83%), Phosphorus: 28.03mg (2.8%), Magnesium: 10.75mg (2.69%), Vitamin B2: 0.04mg (2.3%), Calcium: 20.76mg (2.08%), Copper: 0.04mg (1.99%), Vitamin B3: 0.34mg (1.68%), Vitamin B5: 0.13mg (1.34%), Zinc: 0.18mg (1.21%)