



Roasted Cauliflower and Mushroom Quinoa Salad in Balsamic Vinaigrette



Vegetarian



Gluten Free



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



340 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup balsamic vinaigrette
- ☐ 0.5 small head cauliflower cut into florets
- ☐ 0.3 cup goat blue crumbled
- ☐ 8 ounces mushrooms quartered
- ☐ 1 tablespoon oil
- ☐ 1 cup quinoa rinsed well
- ☐ 4 servings salt and pepper to taste

- ☐ 0.5 teaspoon thyme leaves chopped
- ☐ 0.3 cup walnuts toasted coarsely chopped
- ☐ 1.8 cups water

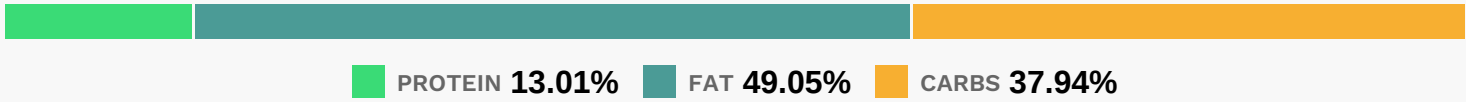
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Toss the cauliflower and mushrooms in the oil, thyme, salt and pepper, place on a baking sheet in a single layer and roast in a preheated 400F oven until they start to caramelize, about 20–30 minutes, mixing half way through. Meanwhile, bring the water and quinoa to a boil, reduce the heat and simmer, covered, until the quinoa is tender and has absorbed the water, about 15–20 minutes, remove from heat and let sit for 5 minutes, covered.
- ☐ Mix everything and enjoy.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:0.89, Inflammation Score:-7, Nutrition Score:17.491304319838%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 340.04kcal (17%), Fat: 18.97g (29.18%), Saturated Fat: 3.15g (19.67%), Carbohydrates: 33.01g (11%), Net Carbohydrates: 28.28g (10.28%), Sugar: 2.48g (2.76%), Cholesterol: 6.33mg (2.11%), Sodium: 443.81mg (19.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.32g (22.64%), Manganese: 1.2mg (59.86%), Phosphorus: 315.78mg (31.58%), Folate: 117.04µg (29.26%), Copper: 0.58mg (29.09%), Magnesium: 108.73mg (27.18%), Vitamin B2: 0.43mg (25.14%), Vitamin C: 17.65mg (21.4%), Vitamin B6: 0.38mg (19.05%), Fiber: 4.73g (18.92%), Potassium: 574.03mg (16.4%), Vitamin B1: 0.24mg (16.2%), Vitamin B5: 1.59mg (15.86%), Selenium: 10.67µg (15.24%), Vitamin

B3: 3.03mg (15.17%), Iron: 2.65mg (14.72%), Zinc: 2.17mg (14.45%), Vitamin E: 1.75mg (11.69%), Calcium: 86.39mg (8.64%), Vitamin K: 8.03µg (7.65%), Vitamin B12: 0.13µg (2.09%), Vitamin A: 83.67IU (1.67%), Vitamin D: 0.16µg (1.04%)