



WHATSheATE



HEALTH SCORE

100%

Roasted Cauliflower and Radicchio Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



1500 min.

SERVINGS



10

CALORIES



114 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 large head cauliflower cut into 1-inch-wide florets (9 cups) ()
- ☐ 1 cup flat-leaf parsley leaves fresh loosely packed (from 1 bunch)
- ☐ 2.3 ounces hazelnuts toasted coarsely chopped
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.8 pound radicchio thinly
- ☐ 2 heads the of 1 cos lettuce (2 pounds total)
- ☐ 0.8 teaspoon salt

- ☐ 1.5 tablespoons shallots finely chopped
- ☐ 0.3 cup white-wine vinegar

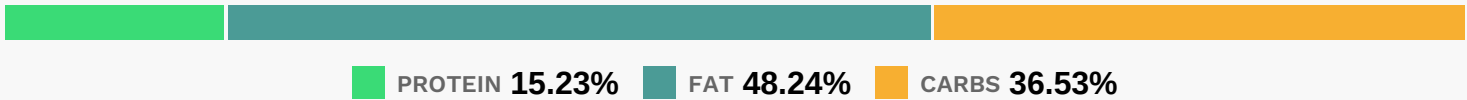
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ tongs

Directions

- ☐ Put oven rack in middle position and preheat oven to 450°F.
- ☐ Toss cauliflower with 1/4 cup oil, 1/2 teaspoon salt, and 1/8 teaspoon pepper in a large bowl.
- ☐ Spread in 1 layer in a shallow baking pan (1 inch deep) and roast, turning over with tongs halfway through roasting, until tender and golden brown, 25 to 30 minutes total. Cool in pan on a rack, then transfer to large bowl.
- ☐ Whisk together vinegar, shallot, remaining 1/4 teaspoon salt, and remaining 1/8 teaspoon pepper in a small bowl, then add remaining 5 tablespoons oil in a slow stream, whisking until emulsified.
- ☐ Add half of dressing to cauliflower and toss to coat.
- ☐ Add romaine, radicchio, parsley, half of nuts, and remaining dressing to cauliflower and toss to coat. Season with salt and pepper and sprinkle with remaining nuts.

Nutrition Facts



Properties

Glycemic Index:14.1, Glycemic Load:0.99, Inflammation Score:-10, Nutrition Score:24.053478282431%

Flavonoids

Cyanidin: 43.63mg, Cyanidin: 43.63mg, Cyanidin: 43.63mg, Cyanidin: 43.63mg Delphinidin: 2.61mg, Delphinidin: 2.61mg, Delphinidin: 2.61mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 12.96mg, Apigenin: 12.96mg, Apigenin: 12.96mg, Apigenin: 12.96mg Luteolin: 13.14mg, Luteolin: 13.14mg, Luteolin: 13.14mg, Luteolin: 13.14mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 13.94mg, Quercetin: 13.94mg, Quercetin: 13.94mg, Quercetin: 13.94mg

Nutrients (% of daily need)

Calories: 113.76kcal (5.69%), Fat: 6.78g (10.44%), Saturated Fat: 0.77g (4.81%), Carbohydrates: 11.56g (3.85%), Net Carbohydrates: 6.07g (2.21%), Sugar: 3.74g (4.16%), Cholesterol: 0mg (0%), Sodium: 221.18mg (9.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.64%), Vitamin K: 328.8µg (313.14%), Vitamin A: 11421.15IU (228.42%), Vitamin C: 56.75mg (68.79%), Folate: 255.41µg (63.85%), Manganese: 0.79mg (39.43%), Fiber: 5.49g (21.97%), Potassium: 747.82mg (21.37%), Copper: 0.33mg (16.51%), Vitamin B6: 0.31mg (15.66%), Vitamin E: 2.31mg (15.42%), Iron: 2.5mg (13.87%), Vitamin B1: 0.18mg (12.31%), Magnesium: 48.59mg (12.15%), Phosphorus: 111.56mg (11.16%), Vitamin B2: 0.16mg (9.25%), Vitamin B5: 0.92mg (9.17%), Calcium: 83.08mg (8.31%), Zinc: 0.95mg (6.37%), Vitamin B3: 1.1mg (5.51%), Selenium: 1.49µg (2.13%)