



Roasted Cauliflower Salad with Radicchio, Pecorino, and Fried Capers

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



184 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 cup capers dry
- 2 small heads cauliflower cut into bite size florets
- 1 bunch chives cut into 2-inch lengths
- 4 servings kosher salt
- 0.3 cup juice of lemon freshly squeezed
- 4 servings olive oil extra-virgin
- 0.5 cup aged pecorino shaved

- 2 radicchio trevisano cut into chiffonade

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven

Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F.
- Add the cauliflower florets to a large bowl.
- Drizzle with olive oil, season with salt and toss.
- Transfer to a baking sheet and roast until the cauliflower is very brown and crispy, about 30 minutes.
- Remove from the oven to a large bowl and reserve.
- Coat a large saute pan generously with olive oil. The oil should be about 1/8-inch deep.
- Heat the pan over medium-high heat. When the oil is hot, add the capers. As the capers cook they will open up and start to look like little flowers (very cute). Fry the capers until they are crispy, about 3 to 4 minutes.
- Remove the capers from the pan, dry them on paper towels and season with salt immediately.
- Toss together the cauliflower, capers, radicchio, pecorino, and chives. Dress the salad with lemon juice, olive oil and salt, to taste. Divide between 4 serving plates or arrange on 1 big platter and serve.
- What a lovely salad!

Nutrition Facts

  
 PROTEIN 10.14%  FAT 83.18%  CARBS 6.68%

Properties

Glycemic Index:26, Glycemic Load:0.14, Inflammation Score:-5, Nutrition Score:5.1273913655592%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 43.2mg, Kaempferol: 43.2mg, Kaempferol: 43.2mg, Kaempferol: 43.2mg Quercetin: 56.88mg, Quercetin: 56.88mg, Quercetin: 56.88mg, Quercetin: 56.88mg

Nutrients (% of daily need)

Calories: 183.58kcal (9.18%), Fat: 17.7g (27.22%), Saturated Fat: 4.16g (25.98%), Carbohydrates: 3.2g (1.07%), Net Carbohydrates: 2.07g (0.75%), Sugar: 0.64g (0.71%), Cholesterol: 13mg (4.33%), Sodium: 1253.09mg (54.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.7%), Vitamin K: 20.26µg (19.29%), Vitamin E: 2.37mg (15.8%), Calcium: 148.43mg (14.84%), Phosphorus: 100.5mg (10.05%), Vitamin C: 8.17mg (9.91%), Copper: 0.13mg (6.63%), Vitamin B2: 0.1mg (5.63%), Fiber: 1.14g (4.54%), Magnesium: 17.43mg (4.36%), Iron: 0.76mg (4.21%), Folate: 13.11µg (3.28%), Selenium: 2.24µg (3.2%), Zinc: 0.45mg (2.97%), Vitamin A: 141.74IU (2.83%), Vitamin B12: 0.14µg (2.33%), Manganese: 0.04mg (1.78%), Vitamin B6: 0.03mg (1.39%), Potassium: 45.73mg (1.31%), Vitamin B3: 0.25mg (1.24%), Vitamin B1: 0.02mg (1.02%)