



Romanesco Broccoli and Cannellini Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



286 kcal

SIDE DISH

Ingredients

- ☐ 15.5 oz .5 can cannellini beans drained and rinsed canned
- ☐ 2 teaspoons capers finely chopped
- ☐ 0.3 cup flat-leaf parsley roughly chopped
- ☐ 0.8 teaspoon kosher salt
- ☐ 5 tablespoons olive oil extra-virgin
- ☐ 1 tablespoon orange juice
- ☐ 2 teaspoons orange zest

- ☐ 0.5 teaspoon pepper
- ☐ 2 heads romanesco broccoli ()
- ☐ 1 tablespoon citrus champagne vinegar

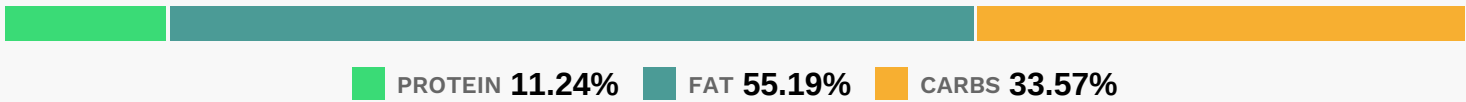
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ colander
- ☐ steamer basket

Directions

- ☐ Put Romanesco florets in a steamer basket and set in a large pot filled with 1/2 in. water. Steam over medium-high heat until tender-crisp, 8 to 10 minutes.
- ☐ Transfer to a colander and rinse with cold water.
- ☐ Whisk vinegar, oil, orange zest and juice, capers, salt, and pepper in a large bowl.
- ☐ Add remaining ingredients and stir to coat.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:5.88, Inflammation Score:-6, Nutrition Score:12.985217218814%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 285.86kcal (14.29%), Fat: 17.88g (27.5%), Saturated Fat: 2.51g (15.69%), Carbohydrates: 24.46g (8.15%), Net Carbohydrates: 18.84g (6.85%), Sugar: 0.73g (0.81%), Cholesterol: 0mg (0%), Sodium: 472.18mg (20.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.19g (16.39%), Vitamin K: 75.88µg (72.27%), Manganese: 0.61mg (30.39%), Vitamin E: 3.43mg (22.88%), Fiber: 5.62g (22.48%), Iron: 3.71mg (20.6%), Folate: 78.95µg (19.74%), Potassium: 536.81mg (15.34%), Magnesium: 59.51mg (14.88%), Copper: 0.27mg (13.55%), Vitamin C: 9.13mg (11.07%), Phosphorus: 103.87mg (10.39%), Calcium: 89.63mg (8.96%), Zinc: 1.28mg (8.56%), Vitamin B1: 0.11mg (7.61%), Vitamin A: 331.36IU (6.63%), Vitamin B6: 0.09mg (4.51%), Vitamin B2: 0.05mg (2.84%), Selenium: 1.8µg (2.57%), Vitamin B5: 0.23mg (2.35%), Vitamin B3: 0.21mg (1.04%)