

Rutabaga Salad

 Vegetarian  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



291 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup apple cider vinegar
- 0.3 teaspoon cayenne pepper
- 1.5 cups couscous
- 1 teaspoon dill weed dried
- 0.5 teaspoon ground pepper black
- 1.5 teaspoons honey
- 1 teaspoon penzey's southwest seasoning italian
- 0.5 cup nutritional yeast

- 1 teaspoon oregano dried
- 1 rutabaga peeled cut into 1/4-inch chunks
- 0.3 cup vegetable oil
- 2 cups water

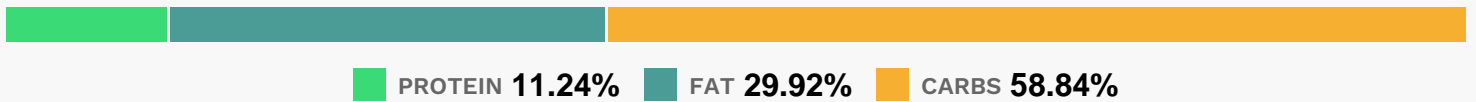
Equipment

- bowl
- sauce pan
- whisk

Directions

- Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer; bring to a boil.
- Add the rutabaga and steam until just tender, about 10 minutes.
- Bring 2 cups water and 1 tablespoon vegetable oil to a boil in a saucepan.
- Remove from the heat and stir in the couscous. Cover and let stand until the water is absorbed, about 14 minutes; fluff with a fork.
- Whisk nutritional yeast, 1/4 cup vegetable oil, apple cider vinegar, honey, Italian seasoning, oregano, dill, black pepper, and cayenne pepper in a large bowl.
- Stir couscous and rutabaga into the nutritional yeast dressing. Season with salt.

Nutrition Facts



Properties

Glycemic Index:50.55, Glycemic Load:24.12, Inflammation Score:-5, Nutrition Score:8.2865218027778%

Flavonoids

Apigenin: 2.48mg, Apigenin: 2.48mg, Apigenin: 2.48mg, Apigenin: 2.48mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 1.37mg, Myricetin: 1.37mg, Myricetin: 1.37mg, Myricetin: 1.37mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 290.75kcal (14.54%), Fat: 9.67g (14.88%), Saturated Fat: 1.47g (9.18%), Carbohydrates: 42.8g (14.27%), Net Carbohydrates: 37.87g (13.77%), Sugar: 4.38g (4.87%), Cholesterol: 0mg (0%), Sodium: 17.13mg (0.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.17g (16.35%), Manganese: 0.51mg (25.53%), Vitamin K: 21.38µg (20.36%), Fiber: 4.93g (19.73%), Vitamin C: 16.25mg (19.7%), Phosphorus: 110.89mg (11.09%), Potassium: 367.33mg (10.5%), Vitamin B3: 2.01mg (10.03%), Magnesium: 36.18mg (9.05%), Vitamin B1: 0.13mg (8.72%), Iron: 1.35mg (7.49%), Copper: 0.15mg (7.45%), Vitamin E: 1.08mg (7.23%), Vitamin B5: 0.65mg (6.5%), Vitamin B6: 0.12mg (6.23%), Folate: 23.89µg (5.97%), Calcium: 55.69mg (5.57%), Vitamin B2: 0.07mg (3.83%), Zinc: 0.56mg (3.71%), Vitamin A: 57.96IU (1.16%)