



Shaved Broccoli Stalk Salad with Lime & Cotija



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



113 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 Leaves broccoli cut into batons (3 stalks)
- ☐ 0.3 cup feta cheese crumbled
- ☐ 2 servings salt and pepper freshly ground
- ☐ 1.5 teaspoons juice of lime fresh
- ☐ 1 tablespoon olive oil extra virgin extra-virgin

Equipment

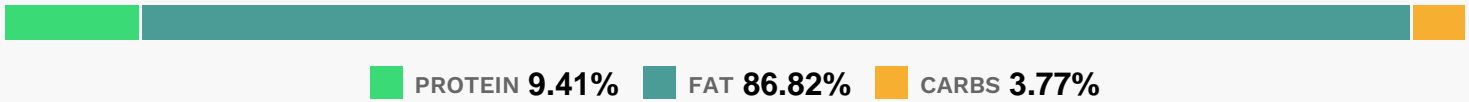
- ☐ bowl

- ☐ cutting board
- ☐ peeler
- ☐ chefs knife

Directions

- ☐ Place the broccoli batons flat on a cutting board, then use a sharp vegetable peeler to shave the broccoli into paper-thin strips.
- ☐ Place the shaved broccoli and leaves in a medium bowl and toss with the olive oil, lime juice, and salt and pepper to taste. Gently fold in the cheese and serve immediately.
- ☐ Prep Tip
- ☐ To make broccoli batons, first remove the stalks at the base of the florets, then trim the tough ends.
- ☐ Cut the stalks into batons by removing the thick, tough outer layer, using four long cuts with a chef's knife.
- ☐ Reprinted with permission from Root to Stalk Cooking by Tara Duggan, © 2013 Ten Speed PressTARA DUGGAN is a staff writer for The San Francisco Chronicle's Food & Wine section and the author of three previous cookbooks, including The Blue Bottle Craft of Coffee and The Working Cook. A graduate of the California Culinary Academy, she is the recipient of a James Beard Foundation Journalism Award. Her writing has appeared in The New York Times, The Denver Post, The Chicago Tribune, and The Toronto Star. Tara, her husband, and their two daughters live in San Francisco and enjoy spending time on her family's off-the-grid farm in Northern California, where she gets her ideas for what to do with all kinds of kitchen scraps.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:2.9543478715679%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg,

Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 112.68kcal (5.63%), Fat: 11.04g (16.98%), Saturated Fat: 3.46g (21.63%), Carbohydrates: 1.08g (0.36%), Net Carbohydrates: 1.05g (0.38%), Sugar: 0.07g (0.08%), Cholesterol: 16.69mg (5.56%), Sodium: 407.92mg (17.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.38%), Vitamin B2: 0.16mg (9.38%), Calcium: 93.39mg (9.34%), Vitamin E: 1.05mg (7.03%), Phosphorus: 64.04mg (6.4%), Vitamin B12: 0.32µg (5.28%), Vitamin K: 5.08µg (4.84%), Vitamin B6: 0.08mg (4.09%), Selenium: 2.83µg (4.04%), Zinc: 0.55mg (3.64%), Vitamin B1: 0.03mg (2.01%), Vitamin C: 1.57mg (1.9%), Vitamin B5: 0.19mg (1.89%), Vitamin A: 84.11IU (1.68%), Folate: 6.69µg (1.67%)