



Warm Cauliflower and Herbed Barley Salad



Vegetarian



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



435 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 15 ounce butter beans rinsed canned
- ☐ 1 head cauliflower cut into florets
- ☐ 1 teaspoon dijon mustard
- ☐ 0.5 cup flat parsley divided
- ☐ 2 tablespoons tarragon fresh divided
- ☐ 4 servings kosher salt
- ☐ 3 tablespoons juice of lemon fresh

- ☐ 1 tablespoon lemon zest finely grated
- ☐ 1 tablespoon mayonnaise
- ☐ 6 tablespoons olive oil divided
- ☐ 0.5 cup quick-cooking barley

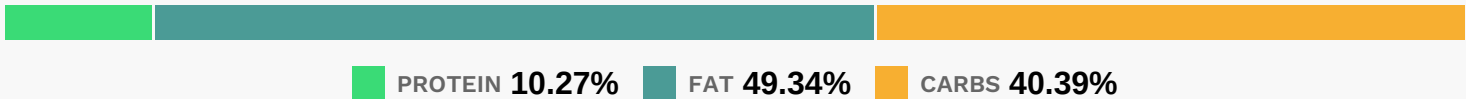
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place barley in a large saucepan; add waterto cover by 2". Season with salt. Bring to aboil and cook until tender, 25–30 minutes.
- ☐ Drain; run under cold water. Set aside.
- ☐ Meanwhile, whisk lemon juice, mayonnaise,Dijon mustard, and 5 tablespoons oil ina medium bowl until emulsified. Seasondressing with salt and pepper; set aside.
- ☐ Heat remaining 1 tablespoon oil in a large skilletover medium heat.
- ☐ Add cauliflower; cook,turning occasionally, until browned in spots,10–12 minutes.
- ☐ Add 2 tablespoons water, cover,and cook until just tender, about 2 minuteslonger. Season with salt and pepper.
- ☐ Transfer cauliflower to a large bowl; addbeans, 1/4 cup parsley, 1 tablespoon tarragon, reservedbarley, and half of reserved dressing.Toss to coat; season with salt and pepper.
- ☐ Divide salad among bowls; drizzleremaining dressing over.
- ☐ Garnish with lemonzest, 1/4 cup parsley, and 1 tablespoon tarragon.
- ☐ Per serving: 420 calories, 25 g fat, 11 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:71, Glycemic Load:6.38, Inflammation Score:-9, Nutrition Score:27.691739087357%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 16.22mg, Apigenin: 16.22mg, Apigenin: 16.22mg, Apigenin: 16.22mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 434.58kcal (21.73%), Fat: 24.88g (38.28%), Saturated Fat: 3.68g (23.01%), Carbohydrates: 45.82g (15.27%), Net Carbohydrates: 33.17g (12.06%), Sugar: 3.39g (3.77%), Cholesterol: 1.47mg (0.49%), Sodium: 639.36mg (27.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.66g (23.31%), Vitamin K: 164.36µg (156.53%), Vitamin C: 87.31mg (105.83%), Manganese: 1.25mg (62.51%), Fiber: 12.66g (50.62%), Folate: 164.56µg (41.14%), Iron: 4.93mg (27.36%), Vitamin B6: 0.53mg (26.33%), Potassium: 899.09mg (25.69%), Magnesium: 100.38mg (25.09%), Selenium: 15.77µg (22.52%), Vitamin E: 3.34mg (22.27%), Phosphorus: 215.8mg (21.58%), Copper: 0.39mg (19.68%), Vitamin A: 789.43IU (15.79%), Vitamin B5: 1.37mg (13.65%), Vitamin B1: 0.2mg (13.32%), Vitamin B3: 2.59mg (12.97%), Zinc: 1.85mg (12.35%), Vitamin B2: 0.21mg (12.33%), Calcium: 115.94mg (11.59%)