



Winter White Salad



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



138 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 belgian endive separated
- ☐ 0.8 pound cauliflower cut lengthwise into 1/4-inch slices (3 cups)
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 0.5 pound napa cabbage loosely packed (5 cups)
- ☐ 1 small water cold drained finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper white
- ☐ 2 tablespoons citrus champagne vinegar

☐ 1 tablespoon frangelico coarse-grain

Equipment

☐ bowl

☐ sauce pan

☐ whisk

Directions

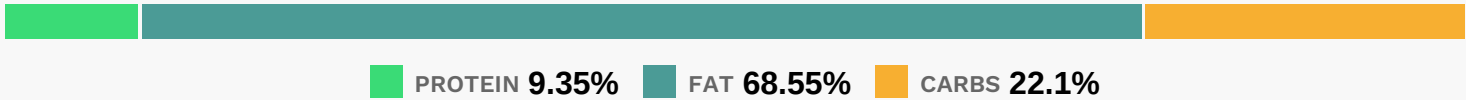
☐ Whisk together mustard, vinegar, cream, salt, and white pepper in a large bowl until blended.

☐ Blanch cauliflower in a 2- to 3-quart saucepan of boiling salted water 30 seconds, then drain and transfer to a bowl of ice and cold water to stop cooking.

☐ Drain well again and add to dressing in bowl.

☐ Add endives, cabbage, and onion, tossing to coat. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:1.18, Inflammation Score:-7, Nutrition Score:11.680000110813%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 137.78kcal (6.89%), Fat: 11.12g (17.11%), Saturated Fat: 6.98g (43.65%), Carbohydrates: 8.07g (2.69%), Net Carbohydrates: 4.83g (1.76%), Sugar: 3.29g (3.66%), Cholesterol: 33.62mg (11.21%), Sodium: 330.72mg (14.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.83%), Vitamin C: 57.29mg (69.44%), Vitamin K: 38.46µg (36.63%), Folate: 104.28µg (26.07%), Vitamin B6: 0.31mg (15.48%), Manganese: 0.28mg (13.8%), Potassium: 476.49mg (13.61%), Fiber: 3.24g (12.94%), Vitamin A: 625.31IU (12.51%), Calcium: 88.15mg (8.82%), Vitamin B2: 0.14mg (8.39%), Phosphorus: 78.83mg (7.88%), Vitamin B5: 0.74mg (7.41%), Magnesium: 25.33mg (6.33%), Vitamin B1: 0.09mg (5.84%), Iron: 0.68mg (3.78%), Copper: 0.07mg (3.66%), Vitamin B3: 0.72mg (3.6%), Zinc: 0.48mg (3.19%), Vitamin D: 0.48µg (3.17%), Vitamin E: 0.41mg (2.73%), Selenium: 1.8µg (2.57%)