

Giardiniera

50 Antipasti
Food Network Magazine

1/4 small head cauliflower, cut into florets
2 stalks celery, cut into sticks
2 sticks carrots, cut into sticks
1 red bell pepper, sliced into strips
1 jalapeno, sliced
4 bay leaves
2 teaspoons fennel seeds
2 cups water
2 cups white wine vinegar
3 tablespoons sugar
3 tablespoons Kosher salt

In a bowl, mix the cauliflower florets, celery sticks, carrot sticks, red pepper strips, jalapeno, bay leaves and fennel seeds. Pack into two one-quart jars.

In a saucepan, simmer the water, vinegar, sugar and Kosher salt until dissolved. Pour over the vegetables in the jars.

Refrigerate for at least four hours.

Per Serving (excluding unknown items): 344 Calories; 1g Fat (2.8% calories from fat); 4g Protein; 95g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol; 17073mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 5 Vegetable; 0 Fat; 4 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	
% Calories from Fat:	2.8%
% Calories from Carbohydrates:	92.9%
% Calories from Protein:	4.3%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	95g
Dietary Fiber (g):	11g
Protein (g):	4g

Vitamin B6 (mg):	.7mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	90mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0

Sodium (mg): 17073mg
Potassium (mg): 1560mg
Calcium (mg): 177mg
Iron (mg): 6mg
Zinc (mg): 1mg
Vitamin C (mg): 264mg
Vitamin A (i.u.): 47461IU
Vitamin A (r.e.): 4744 1/2RE

Vegetable: 5
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 4 1/2

Nutrition Facts

Amount Per Serving

Calories Calories from Fat: 10

% Daily Values*

Total Fat 1g	2%
Saturated Fat trace	1%
Cholesterol 0mg	0%
Sodium 17073mg	711%
Total Carbohydrates 95g	32%
Dietary Fiber 11g	43%
Protein 4g	
Vitamin A	949%
Vitamin C	440%
Calcium	18%
Iron	31%

* Percent Daily Values are based on a 2000 calorie diet.