



Carrot-Cauliflower Salad

 **Gluten Free**

READY IN



150 min.

SERVINGS



6

CALORIES



337 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 large carrots shredded peeled
- 1 large head cauliflower cut into florets
- 0.7 ounce salad dressing mix dry italian
- 1 cup mayonnaise
- 0.5 cup parmesan cheese grated

Equipment

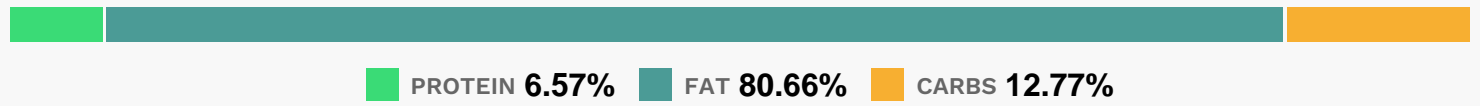
- bowl
- sauce pan

steamer basket

Directions

- Place the cauliflower in a steamer basket set in a saucepan over 1 inch of boiling water. Steam 5 minutes, until tender but still firm.
- Drain, cool slightly, and place into a large bowl.
- Mix the mayonnaise with the Italian salad dressing and Parmesan cheese in a bowl.
- Add the carrots to the bowl with the cauliflower, and toss with the mayonnaise mixture until evenly coated. Cover, and refrigerate at least 2 hours or overnight to allow flavors to blend.

Nutrition Facts



Properties

Glycemic Index:21.47, Glycemic Load:1.82, Inflammation Score:-9, Nutrition Score:16.067391240078%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 336.74kcal (16.84%), Fat: 30.68g (47.2%), Saturated Fat: 5.85g (36.53%), Carbohydrates: 10.93g (3.64%), Net Carbohydrates: 7.79g (2.83%), Sugar: 3.46g (3.85%), Cholesterol: 22.93mg (7.64%), Sodium: 779.67mg (33.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.62g (11.25%), Vitamin C: 68.19mg (82.65%), Vitamin K: 84.28µg (80.27%), Vitamin A: 2101.07IU (42.02%), Folate: 84.45µg (21.11%), Vitamin B6: 0.28mg (14.19%), Potassium: 479.8mg (13.71%), Phosphorus: 126.47mg (12.65%), Fiber: 3.14g (12.54%), Manganese: 0.24mg (12.19%), Calcium: 111.41mg (11.14%), Vitamin B5: 1.06mg (10.58%), Vitamin E: 1.46mg (9.72%), Vitamin B2: 0.13mg (7.46%), Selenium: 4.63µg (6.61%), Magnesium: 25.73mg (6.43%), Vitamin B1: 0.08mg (5.59%), Zinc: 0.82mg (5.49%), Vitamin B3: 0.83mg (4.17%), Iron: 0.74mg (4.11%), Copper: 0.07mg (3.52%), Vitamin B12: 0.16µg (2.62%)