



## Cauliflower and Egg Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



102 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 small carrots shaved peeled
- 4 cups cauliflower
- 3 small green onions chopped
- 6 servings salt and ground pepper black to taste
- 3 hardboiled eggs diced
- 5 tablespoons mayonnaise light
- 1 tablespoon mustard
- 5 tablespoons relish sweet

## Equipment

bowl

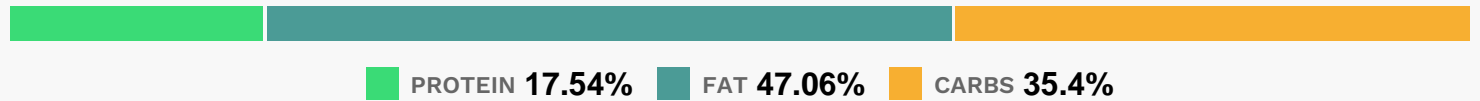
pot

## Directions

Bring a large pot of lightly salted water to a boil. Cook cauliflower in the boiling water until tender, about 10 minutes; drain.

Mix cooked cauliflower, hard-boiled eggs, carrot, green onions, sweet pickle relish, mayonnaise, and mustard in a large bowl; season with salt and black pepper.

## Nutrition Facts



## Properties

Glycemic Index:28.83, Glycemic Load:0.7, Inflammation Score:-4, Nutrition Score:8.4399999120961%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

## Nutrients (% of daily need)

Calories: 102.06kcal (5.1%), Fat: 5.58g (8.59%), Saturated Fat: 1.32g (8.26%), Carbohydrates: 9.45g (3.15%), Net Carbohydrates: 7.78g (2.83%), Sugar: 5.7g (6.33%), Cholesterol: 95.12mg (31.71%), Sodium: 276.82mg (12.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.36%), Vitamin C: 32.75mg (39.69%), Vitamin K: 32.52µg (30.98%), Selenium: 9.27µg (13.25%), Folate: 51.41µg (12.85%), Vitamin B2: 0.18mg (10.37%), Vitamin B5: 0.81mg (8.13%), Phosphorus: 79.67mg (7.97%), Vitamin B6: 0.16mg (7.93%), Potassium: 249.73mg (7.14%), Manganese: 0.14mg (7%), Fiber: 1.67g (6.69%), Vitamin A: 321.9IU (6.44%), Vitamin B12: 0.28µg (4.63%), Vitamin E: 0.66mg (4.42%), Iron: 0.79mg (4.39%), Magnesium: 15.25mg (3.81%), Vitamin B1: 0.06mg (3.81%), Vitamin D: 0.55µg (3.67%), Zinc: 0.5mg (3.3%), Calcium: 32.08mg (3.21%), Copper: 0.05mg (2.37%), Vitamin B3: 0.41mg (2.07%)