



Cauliflower Broccoli Salad



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



10

CALORIES



255 kcal

SIDE DISH

Ingredients

- ☐ 4 ounce olives black sliced canned
- ☐ 2 heads broccoli cut into florets
- ☐ 2 carrots thinly sliced
- ☐ 1 head cauliflower cut into florets
- ☐ 2 teaspoons garlic powder
- ☐ 20 ounce peas frozen thawed
- ☐ 1.5 cups creamy salad dressing miracle whip® (such as)
- ☐ 1 cup heavy whipping cream sour

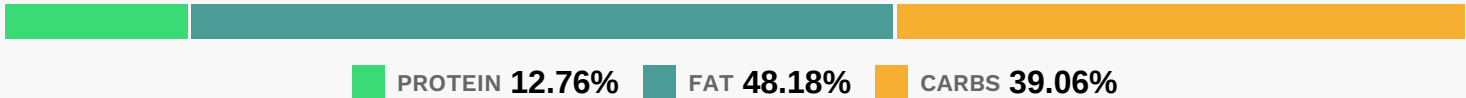
Equipment

☐ bowl

Directions

- ☐ Place broccoli, cauliflower, peas, carrots, and olives in a large bowl.
- ☐ Stir creamy salad dressing, sour cream, and garlic powder together in a bowl until well blended.
- ☐ Stir dressing a spoonful at a time into the broccoli mixture until vegetables are coated.

Nutrition Facts



Properties

Glycemic Index:16.02, Glycemic Load:4.71, Inflammation Score:-10, Nutrition Score:25.425652154114%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg Kaempferol: 9.77mg, Kaempferol: 9.77mg, Kaempferol: 9.77mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

Nutrients (% of daily need)

Calories: 255.22kcal (12.76%), Fat: 14.51g (22.32%), Saturated Fat: 3.85g (24.08%), Carbohydrates: 26.47g (8.82%), Net Carbohydrates: 18.15g (6.6%), Sugar: 11.63g (12.92%), Cholesterol: 13.57mg (4.52%), Sodium: 603.05mg (26.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.64g (17.28%), Vitamin C: 159.94mg (193.86%), Vitamin K: 168.86µg (160.82%), Vitamin A: 3429.99IU (68.6%), Folate: 150.56µg (37.64%), Fiber: 8.31g (33.25%), Manganese: 0.61mg (30.69%), Vitamin B6: 0.48mg (23.83%), Potassium: 803.85mg (22.97%), Phosphorus: 196.77mg (19.68%), Vitamin B1: 0.29mg (19.37%), Vitamin B2: 0.3mg (17.59%), Vitamin E: 2.44mg (16.29%), Magnesium: 60.11mg (15.03%), Vitamin B5: 1.26mg (12.57%), Vitamin B3: 2.47mg (12.36%), Calcium: 122.19mg (12.22%), Iron: 2.2mg (12.2%), Copper: 0.21mg (10.75%), Zinc: 1.51mg (10.06%), Selenium: 6.22µg (8.88%)