



Cauliflower Ceviche

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 head cauliflower finely chopped
- 2 tablespoons chili powder to taste
- 1 cucumber seeded chopped
- 0.5 cup cilantro leaves fresh chopped
- 12 juice of lime juiced
- 0.5 onion chopped
- 4 servings salt to taste
- 4 serrano chile peppers seeded finely chopped

- 1 tablespoon soy-based liquid seasoning maggi® (such as)
- 1 large tomatoes chopped
- 1.5 cups spicy vegetable juice (such as V8®)
- 1 teaspoon worcestershire sauce

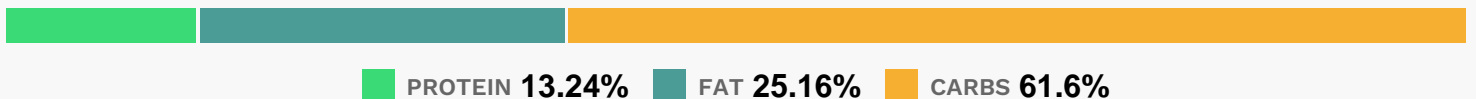
Equipment

- bowl
- pot

Directions

- Bring a large pot of lightly salted water to a boil. Cook cauliflower in the boiling water until cooked through but firm to the bite, about 5 minutes.
- Drain and rinse with cold water.
- Mix cauliflower, cucumber, onion, tomato, cilantro, and serrano chile peppers together in a large bowl.
- Add vegetable juice, lime juice, chili powder, soy-based seasoning, and Worcestershire sauce, respectively, stirring after each addition. Season with salt.

Nutrition Facts



Properties

Glycemic Index:46.75, Glycemic Load:3.58, Inflammation Score:-9, Nutrition Score:19.995217458062%

Flavonoids

Eriodictyol: 1.97mg, Eriodictyol: 1.97mg, Eriodictyol: 1.97mg, Eriodictyol: 1.97mg Hesperetin: 8.07mg, Hesperetin: 8.07mg, Hesperetin: 8.07mg, Hesperetin: 8.07mg Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg

Nutrients (% of daily need)

Calories: 145.06kcal (7.25%), Fat: 4.7g (7.23%), Saturated Fat: 0.84g (5.27%), Carbohydrates: 25.89g (8.63%), Net Carbohydrates: 18.95g (6.89%), Sugar: 10.75g (11.95%), Cholesterol: 0mg (0%), Sodium: 486.66mg (21.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.12%), Vitamin C: 136.26mg (165.16%), Vitamin A: 2603.53IU (52.07%), Vitamin K: 49.27µg (46.93%), Potassium: 1058.93mg (30.26%), Folate: 114.74µg (28.68%), Fiber: 6.94g (27.74%), Vitamin B6: 0.51mg (25.34%), Manganese: 0.45mg (22.58%), Vitamin E: 2.48mg (16.54%), Vitamin B5: 1.37mg (13.66%), Magnesium: 52.14mg (13.04%), Phosphorus: 122.77mg (12.28%), Iron: 2.13mg (11.86%), Copper: 0.22mg (11.06%), Vitamin B2: 0.18mg (10.5%), Vitamin B1: 0.16mg (10.43%), Calcium: 93.88mg (9.39%), Vitamin B3: 1.76mg (8.8%), Zinc: 0.89mg (5.93%), Selenium: 1.96µg (2.8%)