



## Cauliflower, Olive, and Sun-Dried Tomato Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



75 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 teaspoon pepper black
- 6 cups cauliflower florets
- 0.3 cup parsley leaves fresh
- 2 garlic cloves peeled
- 0.3 cup olives green pitted
- 1 tablespoon olive oil
- 0.3 cup onion red finely chopped

- 0.5 teaspoon salt
- 1 ounce sun-dried tomatoes packed ( 12)
- 2 tablespoons citrus champagne vinegar

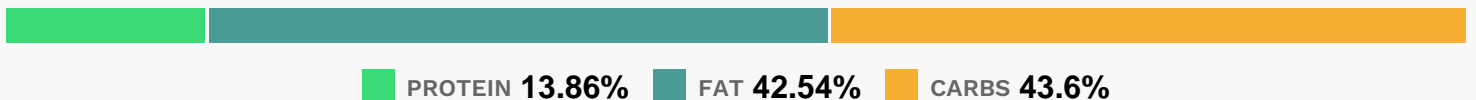
## Equipment

- food processor
- bowl

## Directions

- Combine boiling water and sun-dried tomatoes in a bowl; let stand 30 minutes or until soft.
- Drain and chop.
- Combine tomatoes, olives, and next 4 ingredients (olives through garlic) in a food processor; process until finely chopped, scraping sides of bowl once.
- Cook cauliflower in boiling water 2 minutes.
- Drain and rinse cauliflower under cold water.
- Combine tomato mixture, cauliflower, onion, salt, and pepper in a bowl; toss well.

## Nutrition Facts



## Properties

Glycemic Index:30.5, Glycemic Load:1.83, Inflammation Score:-6, Nutrition Score:11.300434656765%

## Flavonoids

Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

## Nutrients (% of daily need)

Calories: 74.91kcal (3.75%), Fat: 3.94g (6.05%), Saturated Fat: 0.63g (3.95%), Carbohydrates: 9.07g (3.02%), Net Carbohydrates: 6.01g (2.18%), Sugar: 4.04g (4.49%), Cholesterol: 0mg (0%), Sodium: 348.15mg (15.14%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.77%), Vitamin C: 54.21mg (65.71%), Vitamin K: 60.22µg (57.35%), Folate: 65.55µg (16.39%), Manganese: 0.28mg (14.25%), Potassium: 494.93mg (14.14%), Fiber: 3.07g (12.27%), Vitamin B6: 0.22mg (11.25%), Vitamin B5: 0.79mg (7.93%), Magnesium: 27.51mg (6.88%), Phosphorus: 66.57mg (6.66%), Copper: 0.13mg (6.31%), Iron: 1.12mg (6.21%), Vitamin A: 282.05IU (5.64%), Vitamin B1: 0.08mg (5.59%), Vitamin B2: 0.09mg (5.24%), Vitamin B3: 1mg (5%), Vitamin E: 0.72mg (4.83%), Calcium: 38.7mg (3.87%), Zinc: 0.42mg (2.8%), Selenium: 1.11µg (1.59%)