



Cauliflower Radish Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



95 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 ounces water chestnuts halved drained sliced canned
- 4 cups cauliflower florets
- 0.5 cup spring onion sliced
- 2 tablespoons juice of lemon
- 0.7 cup mayonnaise reduced-fat
- 1 cup radishes thinly sliced
- 2 tablespoons ranch seasoning

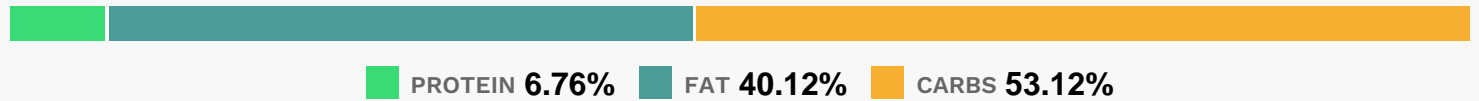
Equipment

bowl

Directions

- In a bowl, combine the cauliflower, onions and water chestnuts. In a small bowl, combine the mayonnaise, lemon juice and salad dressing mix.
- Pour over vegetables; toss to coat. Cover and chill for at least 2 hours. Just before serving, stir in radishes.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.65, Inflammation Score:-3, Nutrition Score:6.5030435271885%

Flavonoids

Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 94.61kcal (4.73%), Fat: 4.34g (6.68%), Saturated Fat: 0.72g (4.53%), Carbohydrates: 12.94g (4.32%), Net Carbohydrates: 10.43g (3.79%), Sugar: 3.22g (3.58%), Cholesterol: 2.99mg (1%), Sodium: 460.72mg (20.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.29%), Vitamin C: 29.44mg (35.68%), Vitamin K: 30.99µg (29.51%), Fiber: 2.51g (10.05%), Folate: 40.17µg (10.04%), Vitamin B6: 0.18mg (8.93%), Potassium: 262.35mg (7.5%), Manganese: 0.14mg (7.25%), Vitamin E: 0.71mg (4.73%), Vitamin B5: 0.44mg (4.41%), Iron: 0.77mg (4.26%), Copper: 0.08mg (4.02%), Phosphorus: 38.82mg (3.88%), Magnesium: 13.07mg (3.27%), Vitamin B2: 0.05mg (3.06%), Zinc: 0.38mg (2.55%), Vitamin B1: 0.04mg (2.49%), Vitamin B3: 0.49mg (2.44%), Calcium: 22.17mg (2.22%), Selenium: 1.23µg (1.75%), Vitamin A: 76.62IU (1.53%)