



## Cauliflower Salad

 **Gluten Free**

READY IN



**20 min.**

SERVINGS



**16**

CALORIES



**177 kcal**

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 10 slices bacon cut into 1/2 inch slices
- 2 lb cauliflower separated
- 8 oz colby cheese cut into 1/2 inch cubes
- 1 small bell pepper green finely chopped
- 1 small onion finely chopped
- 1 cup salad dressing
- 0.3 cup sugar

## Equipment

- bowl
- frying pan
- paper towels

## Directions

- In 12-inch nonstick skillet over medium heat, cook bacon pieces 5 to 7 minutes or until crisp.
- Drain on paper towels; set aside.
- In large bowl, stir together mayonnaise and sugar. Stir in cauliflower, onion, and bell pepper until vegetables are coated with mayonnaise mixture.
- Just before serving, stir in cheese.
- Sprinkle with bacon.

## Nutrition Facts

**PROTEIN 14.07%** **FAT 66.27%** **CARBS 19.66%**

## Properties

Glycemic Index:8.69, Glycemic Load:2.82, Inflammation Score:-3, Nutrition Score:7.2056520788566%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

## Nutrients (% of daily need)

Calories: 177.32kcal (8.87%), Fat: 13.29g (20.44%), Saturated Fat: 5.2g (32.52%), Carbohydrates: 8.87g (2.96%), Net Carbohydrates: 7.58g (2.76%), Sugar: 6.16g (6.84%), Cholesterol: 22.54mg (7.51%), Sodium: 339.84mg (14.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.35g (12.69%), Vitamin C: 31.43mg (38.1%), Vitamin K: 17.76µg (16.91%), Phosphorus: 113.92mg (11.39%), Calcium: 113.67mg (11.37%), Folate: 36.16µg (9.04%), Vitamin B6: 0.18mg (8.86%), Selenium: 5.49µg (7.85%), Potassium: 241.64mg (6.9%), Vitamin B2: 0.1mg (5.96%), Manganese: 0.11mg (5.35%), Zinc: 0.77mg (5.16%), Fiber: 1.29g (5.15%), Vitamin B1: 0.08mg (5.07%), Vitamin B5: 0.49mg (4.94%), Vitamin B3: 0.9mg (4.5%), Magnesium: 15.47mg (3.87%), Vitamin A: 168.47IU (3.37%), Vitamin E: 0.48mg (3.23%), Vitamin B12: 0.19µg (3.11%), Iron: 0.47mg (2.59%), Copper: 0.04mg (2.08%)