



food
network

Cauliflower Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



8

CALORIES



147 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 pounds cauliflower separated
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 0.5 cup parsley leaves fresh chopped
- ☐ 0.8 cup golden raisins
- ☐ 2 teaspoons kosher salt divided
- ☐ 2 tablespoons juice of lime freshly squeezed
- ☐ 1 tablespoon olive oil

- ☐ 0.5 cup pinenuts
- ☐ 0.5 cup tomatoes chopped

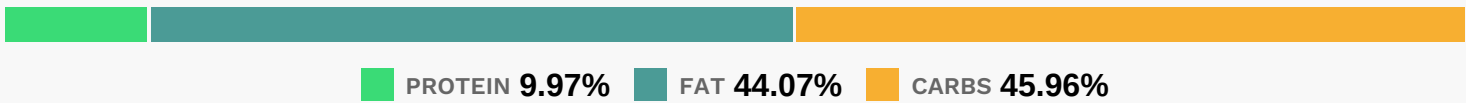
Equipment

- ☐ food processor
- ☐ whisk
- ☐ mixing bowl
- ☐ sieve
- ☐ microwave

Directions

- ☐ Place the pine nuts in a small fine mesh strainer and rinse under cold water. Toss with 1 teaspoon salt.
- ☐ Transfer the nuts to a small brown paper bag, fold over the bag, and microwave on high for 1 1/2 minutes.
- ☐ Remove the bag from the microwave and set aside to cool.
- ☐ Whisk the lime juice and the remaining 1 teaspoon salt together in a large mixing bowl.
- ☐ Slowly drizzle in the olive oil while whisking. Set aside.
- ☐ Using the largest shredding disk of your food processor, feed the florets through the tube until all the florets have been shredded.
- ☐ Transfer to the mixing bowl.
- ☐ Add the parsley, mint, tomatoes, raisins, and black pepper and toss to combine.
- ☐ Add the pine nuts and toss to combine. Cover and refrigerate for 1 hour and up to overnight before serving. Refrigerate, covered, for up to 2 days.

Nutrition Facts



Properties

Glycemic Index:23.83, Glycemic Load:7.03, Inflammation Score:-7, Nutrition Score:16.163043540457%

Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 8.18mg, Apigenin: 8.18mg, Apigenin: 8.18mg, Apigenin: 8.18mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 146.65kcal (7.33%), Fat: 7.97g (12.26%), Saturated Fat: 0.83g (5.22%), Carbohydrates: 18.69g (6.23%), Net Carbohydrates: 15.2g (5.53%), Sugar: 10.86g (12.06%), Cholesterol: 0mg (0%), Sodium: 620.27mg (26.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.11%), Vitamin K: 86.01µg (81.92%), Vitamin C: 62.95mg (76.3%), Manganese: 1mg (50.09%), Folate: 76.82µg (19.21%), Potassium: 546.16mg (15.6%), Fiber: 3.49g (13.96%), Vitamin B6: 0.27mg (13.73%), Phosphorus: 119.99mg (12%), Magnesium: 47.27mg (11.82%), Copper: 0.22mg (11.12%), Vitamin A: 451.24IU (9.02%), Iron: 1.53mg (8.51%), Vitamin B5: 0.83mg (8.35%), Vitamin E: 1.23mg (8.22%), Vitamin B2: 0.12mg (7.21%), Vitamin B1: 0.1mg (6.48%), Zinc: 0.97mg (6.46%), Vitamin B3: 1.23mg (6.16%), Calcium: 43.83mg (4.38%), Selenium: 0.85µg (1.21%)