



Chile-Spiked Cauliflower Salad

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



2

CALORIES



72 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 teaspoons anchovy paste
- 0.1 teaspoon bottled garlic minced
- 2.5 cups cauliflower florets
- 2 tablespoons parsley fresh chopped
- 1.5 teaspoons jalapeno halved lengthwise seeded thinly sliced
- 2.5 tablespoons juice of lemon
- 1 teaspoon olive oil
- 0.3 cup radishes thinly sliced

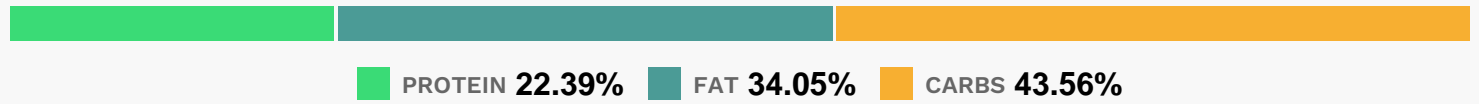
Equipment

bowl

Directions

- Combine first 5 ingredients in a small bowl, and stir well.
- Steam cauliflower, covered, 1 1/2 minutes or until crisp-tender. Rinse cauliflower under cold water; drain well.
- Combine cauliflower, radishes, and jalapeo in a bowl; toss with lemon juice mixture.

Nutrition Facts



Properties

Glycemic Index:79, Glycemic Load:1.41, Inflammation Score:-7, Nutrition Score:14.971304243026%

Flavonoids

Pelargonidin: 12.21mg, Pelargonidin: 12.21mg, Pelargonidin: 12.21mg, Pelargonidin: 12.21mg Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 8.66mg, Apigenin: 8.66mg, Apigenin: 8.66mg, Apigenin: 8.66mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 71.74kcal (3.59%), Fat: 3.04g (4.68%), Saturated Fat: 0.59g (3.71%), Carbohydrates: 8.76g (2.92%), Net Carbohydrates: 5.65g (2.06%), Sugar: 3.41g (3.79%), Cholesterol: 5.1mg (1.7%), Sodium: 267.87mg (11.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.5g (9.01%), Vitamin C: 80.23mg (97.25%), Vitamin K: 87.86µg (83.67%), Folate: 87.72µg (21.93%), Potassium: 503.48mg (14.39%), Vitamin B6: 0.29mg (14.39%), Fiber: 3.11g (12.44%), Manganese: 0.23mg (11.53%), Vitamin B3: 2mg (9.98%), Vitamin B5: 0.97mg (9.74%), Phosphorus: 79.26mg (7.93%), Vitamin A: 382.29IU (7.65%), Selenium: 5.03µg (7.19%), Magnesium: 28.59mg (7.15%), Vitamin B2: 0.11mg (6.71%), Iron: 1.16mg (6.43%), Calcium: 53.93mg (5.39%), Vitamin B1: 0.08mg (5.3%), Vitamin E: 0.78mg (5.2%), Copper: 0.09mg (4.52%), Zinc: 0.6mg (3.99%)