



Classic Layered Salad

 Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



74 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.1 teaspoon pepper black
- 2 cups cauliflower florets
- 4 cups torn iceberg lettuce
- 0.5 cup mayonnaise light
- 2 tablespoons parmesan cheese grated
- 1 tablespoon bottled real bacon bits
- 0.5 cup onion red thinly sliced
- 0.1 teaspoon salt

- 2 teaspoons sugar
- 1 large tomatoes ripe cut into 8 wedges

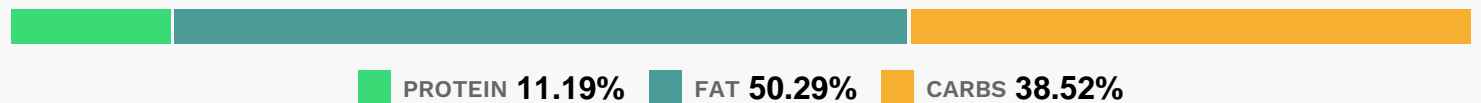
Equipment

- bowl
- whisk
- plastic wrap

Directions

- Combine first 5 ingredients; stir well with a whisk. Arrange tomato wedges in bottom of a 2-quart serving bowl. Top with lettuce and cauliflower.
- Spread the mayonnaise mixture over cauliflower. Top with onion and bacon bits. Cover with plastic wrap, and chill 8 hours or over-night. Toss gently before serving.

Nutrition Facts



Properties

Glycemic Index:33.01, Glycemic Load:1.81, Inflammation Score:-5, Nutrition Score:5.3804348287699%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

Nutrients (% of daily need)

Calories: 74.31kcal (3.72%), Fat: 4.37g (6.73%), Saturated Fat: 0.97g (6.08%), Carbohydrates: 7.54g (2.51%), Net Carbohydrates: 5.96g (2.17%), Sugar: 4.24g (4.71%), Cholesterol: 5.23mg (1.74%), Sodium: 243.31mg (10.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.38%), Vitamin K: 25.12µg (23.92%), Vitamin C: 19.33mg (23.43%), Vitamin A: 447.1IU (8.94%), Folate: 35.02µg (8.76%), Manganese: 0.15mg (7.36%), Potassium: 229.84mg (6.57%), Fiber: 1.58g (6.32%), Vitamin B6: 0.11mg (5.3%), Phosphorus: 41.87mg (4.19%), Vitamin E: 0.6mg (3.98%), Calcium: 32.7mg (3.27%), Vitamin B1: 0.05mg (3.18%), Magnesium: 12.05mg (3.01%), Vitamin B5: 0.28mg (2.8%), Vitamin B2: 0.04mg (2.39%), Iron: 0.42mg (2.31%), Copper: 0.05mg (2.27%), Zinc: 0.28mg (1.84%), Vitamin B3:

0.37mg (1.83%), Selenium: 1.19µg (1.71%)