



## Creamy Cauliflower-Lettuce Salad

 **Gluten Free**

READY IN



**20 min.**

SERVINGS



**20**

CALORIES



**81 kcal**

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 8 oz oscar mayer bacon crumbled cooked
- 1 medium head cauliflower cut into florets
- 6 Tbsp miracle whip dressing
- 2 Tbsp parmesan cheese grated kraft
- 0.3 cup classic ranch dressing kraft
- 0.3 cup onion red finely chopped
- 6 cups torn romaine lettuce
- 2 Tbsp sugar

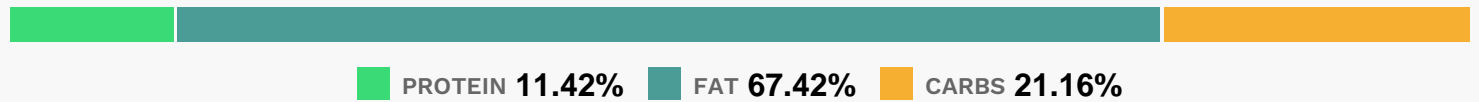
# Equipment

bowl

# Directions

- Mix dressings, sugar and cheese in large bowl.
- Add remaining ingredients; mix lightly.
- Serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:6.45, Glycemic Load:1.15, Inflammation Score:-7, Nutrition Score:5.310000029595%

# Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

# Nutrients (% of daily need)

Calories: 81.33kcal (4.07%), Fat: 6.23g (9.59%), Saturated Fat: 1.87g (11.67%), Carbohydrates: 4.4g (1.47%), Net Carbohydrates: 3.41g (1.24%), Sugar: 2.63g (2.93%), Cholesterol: 9.13mg (3.04%), Sodium: 158.52mg (6.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.75%), Vitamin A: 1241.12IU (24.82%), Vitamin K: 22.95µg (21.85%), Vitamin C: 14.57mg (17.66%), Folate: 36.09µg (9.02%), Vitamin B6: 0.1mg (4.86%), Potassium: 151.38mg (4.33%), Phosphorus: 42.78mg (4.28%), Selenium: 2.81µg (4.01%), Fiber: 1g (3.99%), Vitamin B1: 0.06mg (3.82%), Manganese: 0.07mg (3.6%), Vitamin B3: 0.65mg (3.25%), Vitamin B5: 0.3mg (3.03%), Vitamin B2: 0.04mg (2.41%), Magnesium: 8.17mg (2.04%), Zinc: 0.27mg (1.83%), Iron: 0.33mg (1.81%), Calcium: 17.57mg (1.76%), Copper: 0.02mg (1.22%), Vitamin B12: 0.07µg (1.14%), Vitamin E: 0.16mg (1.06%)