



## Creamy Layered Vegetable Salad

 Gluten Free

READY IN



140 min.

SERVINGS



12

CALORIES



216 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 16 ounces lettuce
- 3.5 ounces pepperoni sliced chopped ( )
- 2 pounds cauliflower separated (6 cups)
- 0.5 cup onion red chopped
- 2 cups croutons
- 2 cups salad dressing
- 0.5 cup parmesan cheese grated
- 0.3 cup sugar

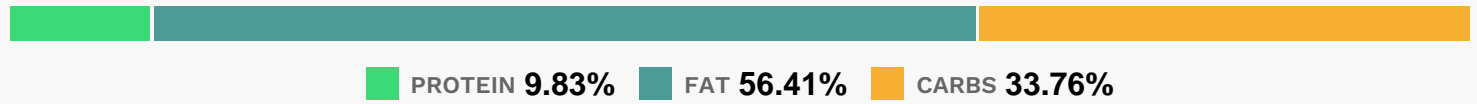
# Equipment

bowl

# Directions

- In large glass bowl, layer lettuce, pepperoni, cauliflower and onion.
- Mix all Parmesan Dressing ingredients; drop by spoonfuls over onion. Cover and refrigerate at least 2 hours to blend flavors but no longer than 24 hours.
- Just before serving, sprinkle with croutons; toss.

# Nutrition Facts



# Properties

Glycemic Index:21.76, Glycemic Load:6.47, Inflammation Score:-5, Nutrition Score:10.212174037228%

# Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

# Nutrients (% of daily need)

Calories: 216.47kcal (10.82%), Fat: 13.87g (21.34%), Saturated Fat: 3.45g (21.55%), Carbohydrates: 18.68g (6.23%), Net Carbohydrates: 16.35g (5.94%), Sugar: 10.86g (12.07%), Cholesterol: 11.65mg (3.88%), Sodium: 654.15mg (28.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.44g (10.88%), Vitamin C: 38.15mg (46.24%), Vitamin K: 43.34µg (41.27%), Folate: 62.58µg (15.65%), Manganese: 0.26mg (13.15%), Vitamin B6: 0.22mg (11.13%), Potassium: 358.58mg (10.25%), Selenium: 7.06µg (10.09%), Phosphorus: 93.86mg (9.39%), Fiber: 2.33g (9.34%), Vitamin B1: 0.12mg (7.93%), Vitamin E: 1.09mg (7.29%), Calcium: 72.31mg (7.23%), Vitamin B5: 0.68mg (6.8%), Vitamin B2: 0.11mg (6.27%), Vitamin B3: 1.18mg (5.88%), Magnesium: 21.11mg (5.28%), Iron: 0.92mg (5.13%), Zinc: 0.73mg (4.84%), Vitamin A: 240.03IU (4.8%), Copper: 0.07mg (3.33%), Vitamin B12: 0.16µg (2.73%)