



Crunchy Radish-Cauliflower Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



187 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 large head bibb lettuce chopped
- 15.8 ounce cannellini beans drained and rinsed canned
- 1 small cauliflower flowerets
- 6 ounce radishes
- 0.3 cup balsamic vinaigrette salad dressing fat-free

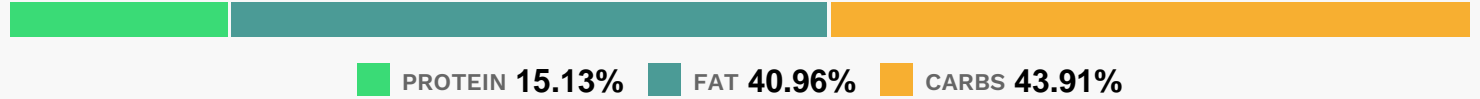
Equipment

- bowl

Directions

- Combine 1 large head Bibb lettuce, chopped; 1 (6-ounce) package radishes, sliced; 1 cup small cauliflower flowerets; 1 (8-ounce) can Great Northern beans, drained and rinsed; and 1/3 cup fat-free vinaigrette in a large bowl; toss gently.

Nutrition Facts



Properties

Glycemic Index:12.8, Glycemic Load:0.22, Inflammation Score:-8, Nutrition Score:11.50086953329%

Flavonoids

Pelargonidin: 21.48mg, Pelargonidin: 21.48mg, Pelargonidin: 21.48mg, Pelargonidin: 21.48mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 187.29kcal (9.36%), Fat: 8.81g (13.56%), Saturated Fat: 1.65g (10.3%), Carbohydrates: 21.26g (7.09%), Net Carbohydrates: 15.92g (5.79%), Sugar: 1.41g (1.56%), Cholesterol: 0mg (0%), Sodium: 19.43mg (0.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.32g (14.65%), Vitamin K: 50.66µg (48.25%), Folate: 106.35µg (26.59%), Manganese: 0.45mg (22.57%), Vitamin A: 1082.09IU (21.64%), Fiber: 5.34g (21.38%), Phosphorus: 140.54mg (14.05%), Potassium: 480.4mg (13.73%), Magnesium: 53.72mg (13.43%), Iron: 1.94mg (10.76%), Vitamin C: 8.66mg (10.5%), Vitamin B1: 0.15mg (10.14%), Copper: 0.17mg (8.33%), Vitamin B6: 0.15mg (7.53%), Calcium: 67.97mg (6.8%), Selenium: 4.35µg (6.22%), Vitamin E: 0.83mg (5.53%), Vitamin B2: 0.09mg (5.22%), Zinc: 0.75mg (5%), Vitamin B5: 0.37mg (3.71%), Vitamin B3: 0.63mg (3.14%)