



 **77%**
HEALTH SCORE

Egyptain Cauliflower Side Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



25 min.

SERVINGS



2

CALORIES



202 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 small cauliflower
- 1 teaspoon cumin
- 2 servings parsley fresh chopped
- 1 tablespoon juice of lemon
- 2 servings olive oil for drizzling
- 2 servings bell pepper
- 2 servings bell pepper
- 2 servings salt

Equipment

bowl

Directions

Separate the cauliflower into medium sized pieces. Steam in a steamer (if you don't have a steamer you can boil the cauliflower whole in water and then cut it into pieces).

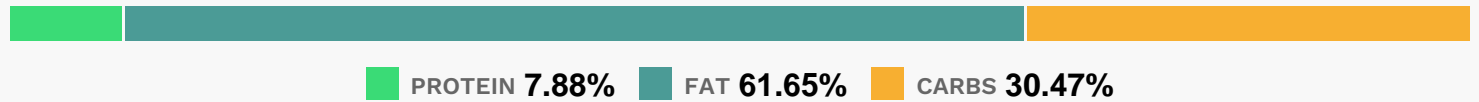
Place in a bowl.

Mix the olive oil, cumin, lemon juice and salt and pepper.

Pour over the cauliflower and mix.

Garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:66.5, Glycemic Load:3.19, Inflammation Score:-10, Nutrition Score:24.573913043478%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 8.67mg, Apigenin: 8.67mg, Apigenin: 8.67mg, Apigenin: 8.67mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Taste

Sweetness: 74.8%, Saltiness: 54.75%, Sourness: 64.92%, Bitterness: 100%, Savoriness: 28.64%, Fattiness: 78.15%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 202.47kcal (10.12%), Fat: 15.09g (23.22%), Saturated Fat: 2.22g (13.85%), Carbohydrates: 16.78g (5.59%), Net Carbohydrates: 10.74g (3.91%), Sugar: 9.03g (10.04%), Cholesterol: 0mg (0%), Sodium: 243.78mg (10.6%), Protein: 4.34g (8.68%), Vitamin C: 262.88mg (318.65%), Vitamin A: 5015.3IU (100.31%), Vitamin K: 101.92µg (97.07%), Folate: 151.75µg (37.94%), Vitamin B6: 0.69mg (34.44%), Vitamin E: 4.55mg (30.34%), Fiber: 6.04g

(24.15%), Potassium: 758.51mg (21.67%), Manganese: 0.41mg (20.67%), Vitamin B5: 1.38mg (13.82%), Vitamin B2: 0.21mg (12.62%), Iron: 2.19mg (12.19%), Vitamin B3: 2.24mg (11.18%), Magnesium: 43.87mg (10.97%), Vitamin B1: 0.16mg (10.55%), Phosphorus: 104.95mg (10.49%), Calcium: 55.12mg (5.51%), Zinc: 0.83mg (5.5%), Copper: 0.09mg (4.65%), Selenium: 1.01µg (1.44%)