



Fried Cauliflower Salad

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



228 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup torn arugula leaves
- 2 cups cauliflower florets
- 0.5 teaspoon ground cumin
- 1 tablespoon juice of lemon
- 1 cup torn lettuce leaves
- 4 servings oil for deep frying
- 2 tablespoons olive oil
- 3 tablespoons yogurt plain

- 1 cup potatoes cut into matchstick sized strips
- 4 servings salt and pepper to taste
- 3 tablespoons tahini (sesame seed paste)
- 1 tablespoon distilled vinegar white

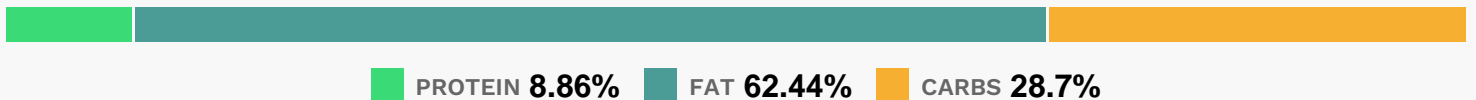
Equipment

- bowl
- paper towels

Directions

- Heat oil in deep-fryer to 375 degrees F (190 degrees C).
- Deep fry the potato sticks until crispy and golden brown, about 4 minutes.
- Remove, and drain on a paper towel-lined plate. Deep fry the florets in two batches until golden brown; drain on paper towels. Allow the cauliflower to cool until it's just warm.
- Stir together tahini and olive oil in a large bowl until smooth.
- Mix in yogurt, lemon juice, vinegar, cumin, salt, and pepper.
- Add cauliflower, arugula, and lettuce; toss to coat with the dressing.
- Place salad onto serving plates, and sprinkle with the potato sticks.

Nutrition Facts



Properties

Glycemic Index:55.44, Glycemic Load:7.36, Inflammation Score:-10, Nutrition Score:16.709130216228%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 2.34mg, Kaempferol: 2.34mg, Kaempferol: 2.34mg, Kaempferol: 2.34mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 227.91kcal (11.4%), Fat: 16.54g (25.44%), Saturated Fat: 2.41g (15.06%), Carbohydrates: 17.1g (5.7%), Net Carbohydrates: 13.71g (4.99%), Sugar: 2.86g (3.18%), Cholesterol: 1.95mg (0.65%), Sodium: 241.37mg (10.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.28g (10.55%), Vitamin A: 4524.73IU (90.49%), Vitamin C: 47.86mg (58.01%), Vitamin B1: 0.31mg (20.94%), Vitamin K: 20.45µg (19.48%), Folate: 77.08µg (19.27%), Manganese: 0.36mg (18.17%), Phosphorus: 176.51mg (17.65%), Potassium: 587.13mg (16.78%), Vitamin B6: 0.33mg (16.71%), Fiber: 3.39g (13.57%), Copper: 0.27mg (13.28%), Vitamin E: 1.77mg (11.77%), Magnesium: 43.29mg (10.82%), Iron: 1.94mg (10.78%), Vitamin B2: 0.15mg (8.61%), Vitamin B3: 1.72mg (8.6%), Calcium: 83.59mg (8.36%), Selenium: 5.06µg (7.24%), Zinc: 1.05mg (7.01%), Vitamin B5: 0.57mg (5.74%)