

# Fully Loaded Cauliflower Salad

 **Gluten Free**

READY IN



**130 min.**

SERVINGS



**6**

CALORIES



**267 kcal**

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 4 slices bacon
- 1 head cauliflower chopped
- 1 bunch chives fresh chopped
- 2 cloves garlic minced
- 4 spring onion chopped
- 6 servings pepper black to taste
- 0.5 cup mayonnaise reduced-fat
- 2 tablespoons olive oil extra virgin extra-virgin

- 0.3 teaspoon paprika
- 2 dashes hot sauce hot redhot® (such as Frank's )
- 4 ounces cheddar cheese shredded white
- 0.5 cup cream fat-free sour




## Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven
- aluminum foil

## Directions

- Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- Drain the bacon slices on a paper towel-lined plate. When cool, crumble into bacon bits.
- Preheat an oven to 400 degrees F (200 degrees C). Line a baking sheet with foil.
- Combine the cauliflower, olive oil, garlic, salt, and black pepper in large bowl.
- Spread the cauliflower on the foil-lined baking sheet, and roast in the preheated oven until the cauliflower is lightly browned, about 15 to 20 minutes. Cool.
- Place the cooled roasted cauliflower, sour cream, and mayonnaise in a large bowl; stir. Fold in the shredded Cheddar cheese, bacon bits, green onion, chives, pepper sauce, and paprika. Adjust salt and black pepper. Refrigerate for 1 to 2 hours before serving.

## Nutrition Facts

 **PROTEIN 13.2%**  **FAT 70.42%**  **CARBS 16.38%**

## Properties

Glycemic Index:35.5, Glycemic Load:1.27, Inflammation Score:-6, Nutrition Score:12.765652133071%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

## Nutrients (% of daily need)

Calories: 266.83kcal (13.34%), Fat: 21.37g (32.87%), Saturated Fat: 7g (43.74%), Carbohydrates: 11.18g (3.73%), Net Carbohydrates: 8.96g (3.26%), Sugar: 2.85g (3.17%), Cholesterol: 33.29mg (11.1%), Sodium: 433.37mg (18.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.01g (18.02%), Vitamin C: 48.42mg (58.69%), Vitamin K: 46.37µg (44.16%), Calcium: 189.38mg (18.94%), Phosphorus: 176.16mg (17.62%), Folate: 67.36µg (16.84%), Selenium: 10.58µg (15.11%), Vitamin B6: 0.25mg (12.65%), Vitamin B2: 0.19mg (11.23%), Potassium: 392.03mg (11.2%), Manganese: 0.2mg (9.97%), Vitamin E: 1.43mg (9.56%), Fiber: 2.22g (8.87%), Zinc: 1.29mg (8.57%), Vitamin B5: 0.83mg (8.27%), Vitamin A: 407.26IU (8.15%), Vitamin B1: 0.11mg (7.36%), Magnesium: 25.98mg (6.49%), Vitamin B3: 1.16mg (5.82%), Vitamin B12: 0.33µg (5.52%), Iron: 0.72mg (3.99%), Copper: 0.07mg (3.45%), Vitamin D: 0.17µg (1.15%)