



Ginny's Cauliflower and Pea Salad

 Gluten Free

READY IN



15 min.

SERVINGS



12

CALORIES



170 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup bacon bits
- ☐ 1 large head cauliflower
- ☐ 2 stalks celery chopped
- ☐ 1 cup mayonnaise light
- ☐ 1 cup cheddar cheese shredded reduced-fat
- ☐ 1 tablespoon mustard prepared
- ☐ 2 tablespoons granular no-calorie sucralose sweetener splenda® (such as)
- ☐ 1 small onion chopped

- ☐ 0.5 cup parmesan cheese grated
- ☐ 10 ounce peas frozen thawed
- ☐ 8 ounce reduced fat cream sour
- ☐ 1 teaspoon lawry's seasoned salt (such as LAWRY'S®)
- ☐ 2 tablespoons distilled vinegar white

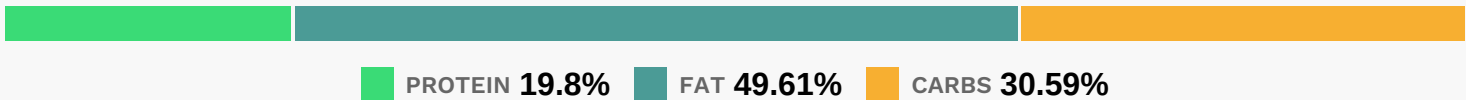
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, toss together the cauliflower, peas, onion, and celery.
- ☐ Mix in bacon bits, Parmesan cheese, and Cheddar cheese.
- ☐ Mix the mayonnaise, sour cream, mustard, sweetener, vinegar, and seasoned salt in a separate bowl.
- ☐ Pour over the vegetables, and mix well.

Nutrition Facts



Properties

Glycemic Index:22.28, Glycemic Load:1.96, Inflammation Score:-6, Nutrition Score:10.979565192824%

Flavonoids

Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 170.25kcal (8.51%), Fat: 9.6g (14.77%), Saturated Fat: 3.26g (20.39%), Carbohydrates: 13.32g (4.44%), Net Carbohydrates: 9.81g (3.57%), Sugar: 4.19g (4.66%), Cholesterol: 15.2mg (5.07%), Sodium: 623.19mg (27.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.62g (17.24%), Vitamin C: 44.1mg (53.45%), Vitamin K: 28.95µg (27.57%), Folate: 69.22µg (17.31%), Phosphorus: 159.97mg (16%), Fiber: 3.51g (14.04%), Calcium: 135.04mg (13.5%), Manganese: 0.23mg (11.62%), Potassium: 361.67mg (10.33%), Vitamin B6: 0.2mg (9.86%), Vitamin B1: 0.15mg

(9.68%), Vitamin B2: 0.14mg (8.28%), Selenium: 5.6µg (8%), Magnesium: 30.16mg (7.54%), Zinc: 1.06mg (7.07%),
Vitamin A: 342.26IU (6.85%), Vitamin E: 0.94mg (6.28%), Vitamin B5: 0.56mg (5.6%), Copper: 0.11mg (5.58%),
Vitamin B3: 0.99mg (4.93%), Iron: 0.82mg (4.57%), Vitamin B12: 0.24µg (4.02%)