



I Can't Believe It's Not Potato Salad

 Vegetarian  Gluten Free

READY IN



215 min.

SERVINGS



10

CALORIES



126 kcal

SIDE DISH

Ingredients

- 1 large head cauliflower chopped
- 2 celery stalks diced
- 0.3 cup chives chopped
- 3 tablespoons creamy dijon mustard (recommended: Best Foods/Hellmann's Dijonnaise)
- 1.5 cups mayonnaise fat-free
- 2 tablespoons optional: dill fresh chopped
- 2 tablespoons parsley fresh plus more, for serving, optional chopped
- 6 hardboiled egg whites chilled chopped

- 2 tablespoons non-dairy liquid creamer fat-free
- 10 servings paprika for serving, optional
- 0.5 envelope ranch dressing/dip mix dry
- 1 cup onion diced red
- 10 servings salt
- 3 tablespoons seasoned rice vinegar
- 0.5 cup cup heavy whipping cream fat-free sour

Equipment

- food processor
- bowl
- blender
- microwave

Directions

- Place cauliflower in a large microwave-safe bowl, and pour 1/3 cup water over it. Cover and microwave until soft, 6 to 8 minutes. Once the bowl is cool enough to handle, drain any excess water, if needed.
- Put 2 cups cauliflower in a blender or food processor and set the rest aside.
- Add the mayonnaise, sour cream, Dijon mustard, ranch dressing or dip mix, non-dairy creamer, and 1/4 teaspoon salt. Puree or pulse until blended. Don't worry if the puree isn't completely smooth. Set aside.
- To the bowl with the remaining chopped cauliflower, add the onion, celery, egg whites, chives, dill, 2 tablespoons parsley, and rice vinegar.
- Add the pureed mixture and lightly stir to coat.
- Chill for several hours before serving.
- Garnish with paprika and additional parsley, if using. Mmmmm!

Nutrition Facts



■ PROTEIN 19.86% ■ FAT 34.84% ■ CARBS 45.3%

Properties

Glycemic Index:28, Glycemic Load:1.22, Inflammation Score:-8, Nutrition Score:12.8421739288%

Flavonoids

Apigenin: 1.77mg, Apigenin: 1.77mg, Apigenin: 1.77mg, Apigenin: 1.77mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.9mg, Isorhamnetin: 0.9mg, Isorhamnetin: 0.9mg, Isorhamnetin: 0.9mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

Nutrients (% of daily need)

Calories: 125.74kcal (6.29%), Fat: 5.11g (7.87%), Saturated Fat: 1.42g (8.89%), Carbohydrates: 14.95g (4.98%), Net Carbohydrates: 11.39g (4.14%), Sugar: 6.88g (7.65%), Cholesterol: 116.07mg (38.69%), Sodium: 600.64mg (26.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.56g (13.12%), Vitamin C: 43.45mg (52.66%), Vitamin K: 39.03µg (37.17%), Vitamin A: 1295.07IU (25.9%), Selenium: 12.27µg (17.52%), Folate: 69.36µg (17.34%), Vitamin B2: 0.26mg (15.35%), Fiber: 3.57g (14.27%), Vitamin B6: 0.26mg (13.06%), Phosphorus: 120.46mg (12.05%), Potassium: 412.36mg (11.78%), Manganese: 0.23mg (11.34%), Vitamin B5: 1.07mg (10.72%), Iron: 1.36mg (7.53%), Vitamin E: 1.03mg (6.84%), Magnesium: 25.77mg (6.44%), Calcium: 64.23mg (6.42%), Vitamin B12: 0.37µg (6.13%), Vitamin B1: 0.09mg (6.04%), Zinc: 0.78mg (5.18%), Vitamin D: 0.66µg (4.4%), Copper: 0.07mg (3.64%), Vitamin B3: 0.72mg (3.59%)