



Italian Cauliflower Salad

 **Gluten Free**  **Dairy Free**

READY IN



38 min.

SERVINGS



4

CALORIES



273 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 fillet anchovy in oil
- 2 tablespoons capers drained
- 1 small head cauliflower separated
- 4 hardboiled eggs cut into fourths
- 1 cup olives black italian pitted
- 0.3 teaspoon pepper
- 1 tablespoon red wine vinegar
- 0.5 teaspoon salt

0.3 cup vegetable oil

Equipment

sauce pan

Directions

- Heat 1 inch water (salted if desired) to boiling in 3-quart saucepan.
- Add cauliflower.
- Heat to boiling; reduce heat. Cover and simmer about 10 minutes or until crisp-tender; drain. Cool about 20 minutes to room temperature.
- Place cauliflower on serving platter. Arrange olives, capers, anchovy fillets and eggs around cauliflower.
- Mix remaining ingredients; pour over salad.

Nutrition Facts

 **PROTEIN 13.19%**  **FAT 79.05%**  **CARBS 7.76%**

Properties

Glycemic Index:16, Glycemic Load:0.65, Inflammation Score:-5, Nutrition Score:12.336956335151%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 5.49mg, Kaempferol: 5.49mg, Kaempferol: 5.49mg, Kaempferol: 5.49mg Quercetin: 7.26mg, Quercetin: 7.26mg, Quercetin: 7.26mg, Quercetin: 7.26mg

Nutrients (% of daily need)

Calories: 273.25kcal (13.66%), Fat: 24.61g (37.86%), Saturated Fat: 4.57g (28.57%), Carbohydrates: 5.43g (1.81%), Net Carbohydrates: 2.84g (1.03%), Sugar: 2.02g (2.25%), Cholesterol: 190.1mg (63.37%), Sodium: 1016.39mg (44.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.24g (18.48%), Vitamin C: 32.12mg (38.94%), Vitamin K: 37.14µg (35.37%), Selenium: 18.35µg (26.21%), Vitamin E: 3.04mg (20.26%), Vitamin B2: 0.32mg (18.81%), Folate: 62.26µg (15.56%), Phosphorus: 127.84mg (12.78%), Vitamin B5: 1.19mg (11.9%), Fiber: 2.6g (10.39%), Vitamin B6: 0.2mg (10.14%), Vitamin B12: 0.59µg (9.87%), Potassium: 303.03mg (8.66%), Vitamin A: 401.84IU (8.04%), Iron: 1.33mg (7.41%), Vitamin D: 1.1µg (7.33%), Manganese: 0.14mg (7.07%), Calcium: 68.5mg (6.85%), Vitamin B3: 1.32mg (6.58%), Magnesium: 22.8mg (5.7%), Zinc: 0.84mg (5.58%), Vitamin B1: 0.08mg (5.16%), Copper: 0.1mg (5.14%)