



## Meat Lite: Cauliflower Ain't No Wallflower

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



299 kcal

SIDE DISH

### Ingredients

- ☐ 1 medium apples diced crisp well (, crunchy varieties like Honey or Stayman Winesap work )
- ☐ 4 servings pepper black freshly ground
- ☐ 0.3 cup buttermilk
- ☐ 1 small head cauliflower chopped
- ☐ 0.5 cup celery chopped
- ☐ 2 tablespoons chives chopped
- ☐ 2 tablespoons apple cider vinegar
- ☐ 0.3 pound roasted chicken cubed cooked

- ☐ 0.5 teaspoon kosher salt
- ☐ 1.5 tablespoons mayonnaise
- ☐ 10 pepper black
- ☐ 0.3 cup raisins
- ☐ 0.3 teaspoon sugar
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup walnuts toasted

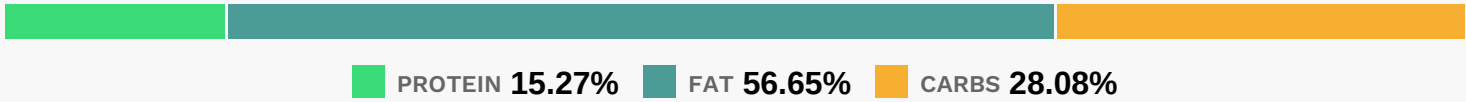
## Equipment

- ☐ oven
- ☐ whisk
- ☐ mixing bowl

## Directions

- ☐ While the cauliflower roasts, make the dressing by whisking together all of the ingredients. Cover and refrigerate until ready to use.
- ☐ When the cauliflower is done, remove it from the oven and let it cool to room temperature. In a large mixing bowl, toss the meat, apples, walnuts, raisins, celery and cooled cauliflower.
- ☐ Add the dressing and stir gently to combine. Cover and refrigerate for at least 30 minutes for the flavors to come together.
- ☐ Serve the salad on toasted bread, mixed greens or on its own.

## Nutrition Facts



## Properties

Glycemic Index:118.72, Glycemic Load:7.22, Inflammation Score:-6, Nutrition Score:15.06304338704%

## Flavonoids

Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg

Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg  
Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3–gallate:  
0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate:  
0.09mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.25mg, Luteolin:  
0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg,  
Isorhamnetin: 0.1mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg  
Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 299.48kcal (14.97%), Fat: 19.83g (30.51%), Saturated Fat: 3.08g (19.26%), Carbohydrates: 22.11g (7.37%),  
Net Carbohydrates: 17.2g (6.26%), Sugar: 7.88g (8.75%), Cholesterol: 25.67mg (8.56%), Sodium: 400.49mg  
(17.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.03g (24.06%), Manganese: 1.02mg (50.89%),  
Vitamin C: 35.97mg (43.6%), Vitamin K: 37.69µg (35.89%), Fiber: 4.91g (19.64%), Vitamin B6: 0.38mg (18.95%),  
Copper: 0.36mg (18.12%), Phosphorus: 172.7mg (17.27%), Potassium: 556.36mg (15.9%), Folate: 62.97µg (15.74%),  
Vitamin B3: 2.97mg (14.87%), Magnesium: 52.89mg (13.22%), Selenium: 9.2µg (13.15%), Vitamin B2: 0.18mg (10.63%),  
Vitamin B5: 0.99mg (9.9%), Iron: 1.67mg (9.3%), Vitamin B1: 0.14mg (9%), Zinc: 1.24mg (8.26%), Calcium: 79.65mg  
(7.97%), Vitamin E: 0.77mg (5.11%), Vitamin A: 211.73IU (4.23%), Vitamin B12: 0.18µg (3.01%), Vitamin D: 0.27µg (1.8%)