



Parmesan Cauliflower and Parsley Salad

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



324 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 20 oz cauliflower florets frozen dry thawed
- ☐ 2 large eggs
- ☐ 5 cups flat-leaf parsley leaves fresh loosely packed (from 2 large bunches)
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest fresh finely grated
- ☐ 0.3 cup olive oil
- ☐ 2 oz parmigiano-reggiano with a rasp (2 cups) finely grated

- ☐ 0.3 teaspoon salt
- ☐ 6 oz mushrooms white thinly sliced

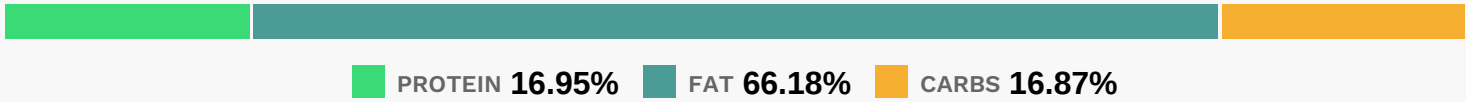
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Stir together zest, lemon juice, salt, and pepper in a large bowl.
- ☐ Whisk in oil until combined, then stir in mushrooms and marinate while panfrying cauliflower.
- ☐ Lightly beat eggs with salt and pepper in a medium bowl.
- ☐ Add cauliflower and toss until coated well. Put cheese in a large bowl. Lift cauliflower out of egg mixture with a slotted spoon and transfer to cheese, tossing to coat.
- ☐ Heat oil in a 10-inch heavy skillet over moderate heat until hot but not smoking, then panfry cauliflower in 3 batches, turning occasionally, until golden on all sides, about 3 minutes per batch.
- ☐ Transfer with a slotted spoon to paper towels to drain.
- ☐ Add parsley and cauliflower to mushroom mixture, tossing to combine.

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:2.51, Inflammation Score:-10, Nutrition Score:31.7469566594%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg

Naringenin: 0.1mg Apigenin: 161.65mg, Apigenin: 161.65mg, Apigenin: 161.65mg, Apigenin: 161.65mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg Myricetin: 11.13mg, Myricetin: 11.13mg, Myricetin: 11.13mg, Myricetin: 11.13mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 324.27kcal (16.21%), Fat: 25.19g (38.76%), Saturated Fat: 5.9g (36.88%), Carbohydrates: 14.45g (4.82%), Net Carbohydrates: 8.63g (3.14%), Sugar: 4.6g (5.11%), Cholesterol: 102.64mg (34.21%), Sodium: 495.05mg (21.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.52g (29.04%), Vitamin K: 1263.23µg (1203.07%), Vitamin C: 172.51mg (209.11%), Vitamin A: 6564.75IU (131.29%), Folate: 216.34µg (54.09%), Iron: 6.13mg (34.05%), Calcium: 319.46mg (31.95%), Potassium: 1031.66mg (29.48%), Phosphorus: 291.07mg (29.11%), Vitamin B2: 0.49mg (28.97%), Vitamin E: 3.58mg (23.86%), Vitamin B5: 2.34mg (23.42%), Fiber: 5.83g (23.31%), Selenium: 15.76µg (22.51%), Vitamin B6: 0.43mg (21.62%), Manganese: 0.38mg (18.94%), Magnesium: 72.46mg (18.12%), Vitamin B3: 3.3mg (16.51%), Copper: 0.33mg (16.37%), Zinc: 2.12mg (14.17%), Vitamin B1: 0.19mg (12.5%), Vitamin B12: 0.41µg (6.83%), Vitamin D: 0.66µg (4.37%)