



Pea and Cauliflower Salad

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



10

CALORIES



172 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup cashew nuts
- 1 head cauliflower chopped
- 1 cup celery thinly sliced
- 0.5 teaspoon garlic powder
- 0.5 cup olives green pitted chopped
- 3 cups peas frozen thawed
- 1 cup nonfat yogurt plain
- 0.3 cup ranch dressing

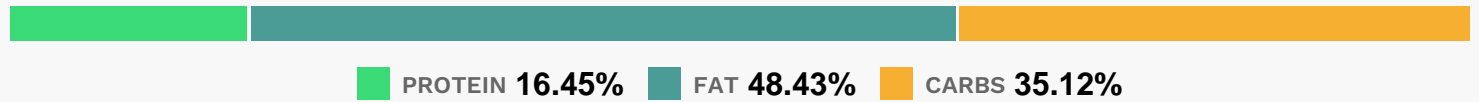
Equipment

- bowl
- whisk

Directions

- Mix the peas, cauliflower, olives, and celery together in a large bowl.
- Whisk the ranch dressing, yogurt, and garlic powder together in a small bowl.
- Pour over pea mixture, and stir until ingredients are evenly coated.
- Sprinkle cashews on top just before serving.

Nutrition Facts



Properties

Glycemic Index:13.85, Glycemic Load:3.15, Inflammation Score:-7, Nutrition Score:14.095217405778%

Flavonoids

Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 172.16kcal (8.61%), Fat: 9.76g (15.01%), Saturated Fat: 1.7g (10.61%), Carbohydrates: 15.92g (5.31%), Net Carbohydrates: 11.47g (4.17%), Sugar: 6.67g (7.41%), Cholesterol: 2.05mg (0.68%), Sodium: 207.37mg (9.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.46g (14.92%), Vitamin C: 45.71mg (55.41%), Vitamin K: 35.24µg (33.56%), Manganese: 0.5mg (24.83%), Phosphorus: 201.72mg (20.17%), Copper: 0.4mg (19.97%), Folate: 71.36µg (17.84%), Fiber: 4.45g (17.81%), Magnesium: 67.57mg (16.89%), Vitamin B1: 0.22mg (14.39%), Potassium: 460.4mg (13.15%), Vitamin B6: 0.26mg (13%), Zinc: 1.71mg (11.39%), Iron: 1.84mg (10.25%), Vitamin B2: 0.17mg (9.91%), Calcium: 86.4mg (8.64%), Vitamin A: 408.65IU (8.17%), Vitamin B5: 0.77mg (7.73%), Vitamin B3: 1.42mg (7.1%), Selenium: 4.92µg (7.03%), Vitamin E: 0.64mg (4.25%), Vitamin B12: 0.16µg (2.66%)