






 **54%**
HEALTH SCORE

Raw Grain-Free Cauliflower Couscous Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN

10 min.

SERVINGS

6

CALORIES

168 kcal

SIDE DISH **ANTIPASTI** **STARTER** **SNACK**

Ingredients

- 0.3 cup basil chopped
- 0.5 cup olives black seeded sliced
- 1 head cauliflower
- 2 cups cherry tomatoes seeded quartered
- 1 bunch cilantro leaves chopped
- 0.3 cup juice of lemon fresh
- 1 bunch mint leaves chopped
- 0.3 cup olive oil

- 1 bunch parsley chopped
- 1 bell pepper red chopped
- 6 servings salt and pepper to taste

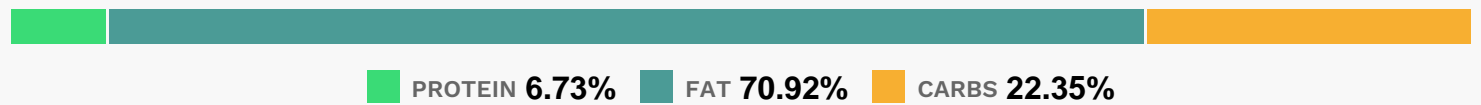
Equipment

- food processor
- bowl

Directions

- Process cauliflower in food processor with 's' blade to achieve cous cous like consistency (can also chop finely by hand).
- Place in bowl and add lemon juice, olive oil, salt and pepper.
- Mix in herbs, tomatoes, pepper and olives. Stir well and serve chilled.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:1.26, Inflammation Score:-9, Nutrition Score:17.496956426164%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 20.54mg, Apigenin: 20.54mg, Apigenin: 20.54mg, Apigenin: 20.54mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 1.42mg, Myricetin: 1.42mg, Myricetin: 1.42mg, Myricetin: 1.42mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 167.85kcal (8.39%), Fat: 14.23g (21.89%), Saturated Fat: 2.05g (12.8%), Carbohydrates: 10.09g (3.36%), Net Carbohydrates: 6.58g (2.39%), Sugar: 4.4g (4.89%), Cholesterol: 0mg (0%), Sodium: 410.85mg (17.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.08%), Vitamin K: 188.68µg (179.7%), Vitamin C: 101.54mg (123.07%), Vitamin A: 1880.2IU (37.6%), Folate: 89.96µg (22.49%), Vitamin E: 2.96mg (19.72%), Potassium: 521.83mg (14.91%), Vitamin B6: 0.3mg (14.8%), Fiber: 3.51g (14.05%), Manganese: 0.27mg (13.26%), Iron: 1.64mg (9.1%), Vitamin B5: 0.84mg (8.36%), Magnesium: 29.55mg (7.39%), Phosphorus: 69.96mg (7%), Vitamin B1: 0.09mg (6.14%),

Vitamin B2: 0.1mg (6.01%), Copper: 0.12mg (5.85%), Vitamin B3: 1.14mg (5.71%), Calcium: 52.23mg (5.22%), Zinc: 0.51mg (3.42%), Selenium: 0.98µg (1.4%)