

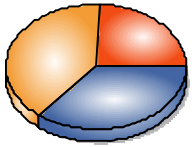


Cauliflower Mock "Potato" Salad

By: Created by DrJez LLC

Recipe grams: 773.70g/27.3oz

Serves 4 193.42g/6.8oz per serving



Protein: 17%
Carbohydrates: 26%
Fat: 58%

INGREDIENTS

1 head CAULIFLOWER, RAW
 1/2 cup ONION, SPRING OR SCALLIONS, RAW
 1 strip CELERY, RAW
 3 medium-stalk CELERY, RAW
 1 small GREEN PEPPER, SWEET, RAW (BELL)
 3 large EGG WHITE, CHICKEN, RAW
 1 tbsp PAPRIKA
 1 tsp Mustard Dry
 2 tbsp VINEGAR, APPLE CIDER
 1/2 cup Canola Mayonnaise, Lite

DIRECTIONS

Steam the cauliflower in a microwave until just tender. Allow to cool. Combine Remaining ingredients in a bowl with cooled cauliflower and gently combine.

Nutrition Facts

Serving Size: 1 serving (193.4g)
Servings: 1

Amount Per Serving		
Calories	120	Calories from Fat 70
		% Daily Value*
Total Fat	7g	10%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	220mg	10%
Total Carbohydrate	7g	2%
Dietary Fiber	3g	15%
Sugars	3g	
Protein	5g	
Vitamin A	25%	• Vitamin C 80%
Calcium	4%	• Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.