

Cauliflower Confetti Salad

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-55312

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER BITE SIZE	30 Cup	cut into bite size pieces	732486
PEPPERS ASST RNBW CHC	24 Cup	cut into bite size pieces	266985
CUCUMBER SELECT	24 Cup	peel & cube into bite size pieces	418439
DRESSING ITAL FF	5 Cup		549592

Preparation Instructions

Chop the cauliflower into small florets.

Cut and remove seeds from red bell peppers, dice peppers & cucumbers into uniform 1/2-inch pieces.

In a very large mixing bowl or container, gently combine the chopped cauliflower, diced red bell peppers, and diced cucumbers.

Pour the vinaigrette over the vegetables, mix and serve in black Cambro

AP: 9/18/25

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	1.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	34.49
Fat	0.22g
Saturated Fat	0.12g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	226.96mg
Carbohydrates	6.72g
Fiber	1.49g
Total Sugar	3.76g
Added Sugar	1.60g
Protein	1.49g
Vitamin A 52.42mcg RAE	Vitamin C 30.32mg
Calcium 21.19mg	Iron 0.40mg

Nutrition - Per 100g

Calories	43.89
Fat	0.27g
Saturated Fat	0.15g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	288.86mg
Carbohydrates	8.55g
Fiber	1.89g
Total Sugar	4.79g
Added Sugar	2.04g
Protein	1.89g
Vitamin A 66.71mcg RAE	Vitamin C 38.59mg
Calcium 26.97mg	Iron 0.50mg