

Jeweled Persian Cauliflower & Pomegranate Salad

Yield: 6 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-cauliflower-recipe>

Ingredients:

- 1 cauliflower small, approx 650g
- 1 pomegranate arils removed, about 1 cup
- 1 cup flaked almonds
- 1 cup mint leaves loosely packed, roughly chopped
- 1 cup parsley loosely packed, roughly chopped
- 1/4 cup dried currants
- 1 teaspoon ground cumin
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon salt
- 1/2 teaspoon brown sugar or alternative sweetener of your choice, optional
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground cardamom
- 1/4 teaspoon dried mint
- 1/8 teaspoon ground black pepper
- 1 pinch ground nutmeg
- 1/4 cup lemon juice freshly squeezed
- 1 tablespoon extra-virgin olive oil

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 12 grams
3. Fat: 10 grams
4. Fiber: 5 grams
5. Protein: 6 grams
6. SaturatedFat: 1 grams
7. Sodium: 230 milligrams
8. Sugar: 3 grams

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