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Cauliflower Lentil Taco Salad ♦

This Cauliflower Lentil Taco Salad is a delicious vegan recipe that combines the flavors of Mexican cuisine with healthy ingredients. It's made with roasted cauliflower, cooked lentils, and a variety of fresh vegetables. The salad is topped with a tangy lime dressing and served with crispy tortilla chips. It's a perfect dish for a light lunch or dinner.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	cauliflower
200 g	Lentils
200 g	Tomatoes
100 g	red onion
150 g	Avocado

50 g	Lime
20 g	Cilantro
100 g	tortilla chips
30 g	olive oil
5 g	cumin
5 g	chili powder
5 g	salt

Directions

Step 1

Oven

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 20 mins

Step 2

Roasting

Cut the cauliflower into florets and toss with olive oil, cumin, chili powder, and salt. Roast in the oven for 20 minutes or until golden brown.

Prep Time: 5 mins

Cook Time: 20 mins

Step 3

Boiling

Cook the lentils according to package instructions. Drain and set aside.

Prep Time: 5 mins

Cook Time: 15 mins

Step 4

Mixing

In a large bowl, combine the roasted cauliflower, cooked lentils, tomatoes, red onion, avocado, and cilantro.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Whisking

In a small bowl, whisk together the lime juice, olive oil, salt, and pepper to make the dressing.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Mixing

Pour the dressing over the salad and toss to coat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Serving

Serve the salad with tortilla chips on the side.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 10 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	8 g	21.05%	32%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Spring

Summer

Fall

Events

Christmas

Easter

Thanksgiving

Cuisines

Italian

Mexican

Course

Drinks

Salads

Snacks

Cultural

Chinese New Year

St. Patrick's Day

Demographics

Pregnancy Safe

Diabetic Friendly

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Volumetrics Diet

Atkins Diet

Ketogenic Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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