



Another of My Friend Vicky's Creations: Cauliflower with Red, Green and Black Confetti

 **Gluten Free**  **Dairy Free** Image not found or type unknown

READY IN

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ready

25 min.

SERVINGS

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servings

4

CALORIES

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calories

134 kcal

SIDE DISH

Ingredients

- ☐ 4 fillet anchovy
- ☐ 1 head cauliflower separated
- ☐ 4 servings coarse salt
- ☐ 1 teaspoon pepper red crushed
- ☐ 0.5 cup flat-leaf parsley tops finely chopped
- ☐ 1 large clove garlic
- ☐ 16 small oil cured olives drained chopped

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 1 small roasted pepper diced red jarred drained
- ☐ 4 servings salt and pepper black

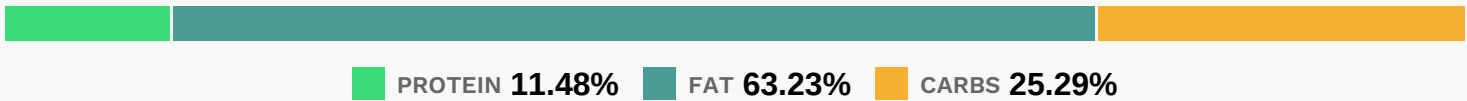
Equipment

- ☐ frying pan
- ☐ wooden spoon
- ☐ stove

Directions

- ☐ Cook cauliflower in 1-inch boiling water covered for 8 to 10 minutes until tender.
- ☐ Drain, sprinkle with salt and return pan to stove top uncovered. Set heat at medium and add oil, garlic, anchovies (optional, unless you are dining with Vicky) and crushed red pepper flakes to the pan. Break up anchovies with the back of a wooden spoon until they melt into oil.
- ☐ Add diced red roasted pepper, chopped olives and parsley to the pan and combine.
- ☐ Add cooked, drained cauliflower to the pan and toss to distribute the red, black and green confetti.
- ☐ Add the red pepper. Season with salt and pepper, to your taste, and serve.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:1.51, Inflammation Score:-8, Nutrition Score:17.150434697452%

Flavonoids

Apigenin: 16.21mg, Apigenin: 16.21mg, Apigenin: 16.21mg, Apigenin: 16.21mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 133.85kcal (6.69%), Fat: 10.24g (15.76%), Saturated Fat: 1.56g (9.76%), Carbohydrates: 9.22g (3.07%), Net Carbohydrates: 5.18g (1.88%), Sugar: 2.96g (3.29%), Cholesterol: 2.4mg (0.8%), Sodium: 827.86mg (35.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.37%), Vitamin K: 150.53µg (143.36%), Vitamin C: 83.8mg (101.58%), Folate: 95.89µg (23.97%), Vitamin A: 967.22IU (19.34%), Vitamin B6: 0.32mg (16.17%), Fiber: 4.04g (16.15%), Potassium: 524.69mg (14.99%), Vitamin E: 2.1mg (13.99%), Manganese: 0.28mg (13.94%), Vitamin B5: 1.03mg (10.33%), Iron: 1.54mg (8.53%), Phosphorus: 80.45mg (8.04%), Vitamin B3: 1.57mg (7.85%), Magnesium: 31.05mg (7.76%), Vitamin B2: 0.12mg (6.8%), Calcium: 64.11mg (6.41%), Vitamin B1: 0.09mg (5.97%), Copper: 0.12mg (5.85%), Zinc: 0.6mg (4.01%), Selenium: 2.76µg (3.95%)