



Baked Cauliflower and Mushrooms

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



53 kcal

SIDE DISH

Ingredients

- 1 pound cauliflower florets
- 4 ounces mushrooms fresh chopped
- 0.5 cup onion red chopped
- 1 tablespoon vegetable oil
- 2 teaspoons juice of lemon
- 2 teaspoons apple cider vinegar
- 0.5 teaspoon salt
- 0.3 teaspoon pepper

- 2 garlic clove finely chopped
- 0.3 cup spring onion chopped

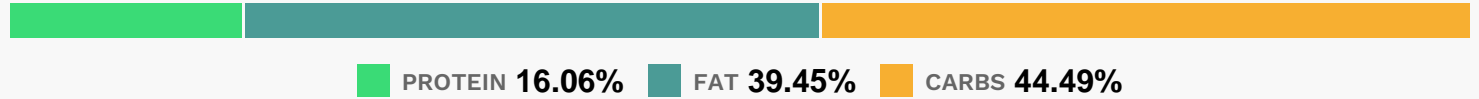
Equipment

- oven
- baking pan

Directions

- Heat oven to 350°F. Spray square baking dish, 9x9x2 inches, with cooking spray.
- Mix all ingredients except green onions.
- Spread evenly in baking dish.
- Bake uncovered 40 to 45 minutes, stirring occasionally, until vegetables are tender and golden brown.
- Sprinkle with green onions.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:1.32, Inflammation Score:-4, Nutrition Score:7.8378260705782%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 52.62kcal (2.63%), Fat: 2.58g (3.97%), Saturated Fat: 0.46g (2.9%), Carbohydrates: 6.54g (2.18%), Net Carbohydrates: 4.42g (1.61%), Sugar: 2.57g (2.86%), Cholesterol: 0mg (0%), Sodium: 219.12mg (9.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.72%), Vitamin C: 39.82mg (48.27%), Vitamin K: 27.59µg (26.28%),

Folate: 52.77µg (13.19%), Vitamin B6: 0.19mg (9.58%), Potassium: 329.03mg (9.4%), Manganese: 0.18mg (9.22%),
Fiber: 2.12g (8.48%), Vitamin B5: 0.82mg (8.17%), Vitamin B2: 0.13mg (7.7%), Phosphorus: 57.37mg (5.74%), Vitamin
B3: 1.12mg (5.6%), Copper: 0.1mg (5.2%), Vitamin B1: 0.06mg (4.32%), Magnesium: 16.07mg (4.02%), Selenium:
2.46µg (3.52%), Iron: 0.55mg (3.08%), Calcium: 26.78mg (2.68%), Zinc: 0.36mg (2.41%), Vitamin E: 0.29mg (1.9%),
Vitamin A: 56.3IU (1.13%)