



Baked Italian-Style Cauliflower

READY IN



28 min.

SERVINGS



4

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 ounce bread french
- ☐ 1.5 pounds cauliflower cut into florets
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 4 garlic clove minced
- ☐ 6 ounces ground sirloin lean
- ☐ 2 ounces kalamata olives pitted coarsely chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 1.5 cups tomatoes (such as McCutcheon's)

- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped
- ☐ 1 ounce pecorino cheese fresh grated

Equipment

- ☐ frying pan
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Heat a large skillet over medium-high heat.
- ☐ Add oil to pan; swirl.
- ☐ Add onion; saut 4 minutes.
- ☐ Add garlic; saut for 30 seconds, stirring constantly. Stir in beef.
- ☐ Sprinkle with salt and peppers, and saut 3 minutes or until browned, stirring to crumble. Stir in sauce and olives.
- ☐ Preheat broiler.
- ☐ Steam cauliflower 4 minutes or until crisp-tender.
- ☐ Place cauliflower in an 11 x 7-inch broiler-safe baking dish coated with cooking spray; top with sauce mixture.
- ☐ Place bread in a mini chopper; pulse until coarse crumbs form.
- ☐ Combine crumbs and cheese; sprinkle over cauliflower mixture. Broil 4 minutes or until browned.
- ☐ Wine Match: When in Rome, drink like the Romans: A light, easy-drinking Italian red with good acidity pairs well with the tomato-based sauce and beef in this Italian-style recipe. Try Castello Banfi's Col di Sasso 2008 (\$8), a soft and fruity blend of cabernet sauvignon and sangiovese, which has a hint of earthiness that enhances the olives and cauliflower. --
Gretchen Roberts

Nutrition Facts



 **PROTEIN 22.23%**  **FAT 46.46%**  **CARBS 31.31%**

Properties

Glycemic Index:68.38, Glycemic Load:7.22, Inflammation Score:-8, Nutrition Score:22.333043616751%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.09mg, Quercetin: 9.09mg, Quercetin: 9.09mg, Quercetin: 9.09mg

Nutrients (% of daily need)

Calories: 275.34kcal (13.77%), Fat: 14.96g (23.01%), Saturated Fat: 4.8g (29.99%), Carbohydrates: 22.68g (7.56%), Net Carbohydrates: 16.46g (5.99%), Sugar: 8.71g (9.68%), Cholesterol: 36.29mg (12.1%), Sodium: 1013.02mg (44.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.1g (32.2%), Vitamin C: 92.31mg (111.9%), Vitamin B6: 0.66mg (32.82%), Folate: 125.16µg (31.29%), Vitamin K: 32.55µg (31%), Potassium: 1001.84mg (28.62%), Manganese: 0.52mg (26.25%), Phosphorus: 251mg (25.1%), Fiber: 6.22g (24.89%), Vitamin B3: 4.21mg (21.07%), Zinc: 2.94mg (19.59%), Vitamin E: 2.75mg (18.34%), Vitamin B5: 1.78mg (17.79%), Vitamin B2: 0.3mg (17.61%), Selenium: 12.13µg (17.33%), Iron: 3.08mg (17.09%), Vitamin B12: 1µg (16.7%), Calcium: 158.85mg (15.88%), Magnesium: 58.84mg (14.71%), Vitamin B1: 0.21mg (13.72%), Copper: 0.26mg (12.9%), Vitamin A: 521.75IU (10.44%)