



## Cauliflower Couscous

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



119 kcal

SIDE DISH

### Ingredients

- 0.3 cup butter
- 1 head cauliflower cut into florets
- 1 teaspoon parsley dried
- 1 clove garlic minced
- 9 kalamata olives pitted
- 1 lemon zest
- 6 servings salt to taste
- 1 small onion diced sweet vidalia® (such as )

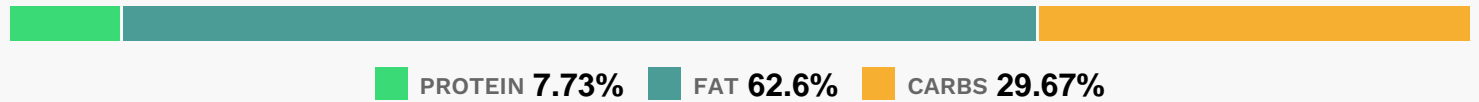
# Equipment

- frying pan

# Directions

- Cut cauliflower into very finely chopped pieces similar to real couscous or rice.
- Melt butter in a medium skillet over medium heat.
- Add onion and garlic; cook and stir until onion has softened, about 2 minutes.
- Add cauliflower and cook on medium heat for about 40 minutes. Stir every 5 minutes until entire batch is golden and nutty.
- Mix kalamata olives, parsley, salt, and lemon zest into cauliflower.

# Nutrition Facts



# Properties

Glycemic Index:18.67, Glycemic Load:0.96, Inflammation Score:-6, Nutrition Score:8.354347800431%

# Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.78mg, Apigenin: 0.78mg, Apigenin: 0.78mg, Apigenin: 0.78mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 8.54mg, Quercetin: 8.54mg, Quercetin: 8.54mg, Quercetin: 8.54mg

# Nutrients (% of daily need)

Calories: 119.39kcal (5.97%), Fat: 8.91g (13.7%), Saturated Fat: 5.11g (31.93%), Carbohydrates: 9.5g (3.17%), Net Carbohydrates: 6.77g (2.46%), Sugar: 4.69g (5.21%), Cholesterol: 20.34mg (6.78%), Sodium: 381.59mg (16.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.95%), Vitamin C: 50.31mg (60.98%), Folate: 67.95µg (16.99%), Vitamin K: 16µg (15.24%), Vitamin B6: 0.26mg (12.91%), Fiber: 2.73g (10.93%), Potassium: 361.07mg (10.32%), Manganese: 0.2mg (10.05%), Vitamin B5: 0.71mg (7.11%), Phosphorus: 60.53mg (6.05%), Vitamin A: 261.36IU (5.23%), Magnesium: 20.54mg (5.13%), Vitamin B1: 0.07mg (4.93%), Vitamin B2: 0.07mg (4.35%), Calcium: 40.06mg (4.01%), Copper: 0.08mg (3.91%), Vitamin E: 0.54mg (3.6%), Iron: 0.6mg (3.33%), Vitamin B3: 0.59mg (2.93%), Zinc: 0.35mg (2.34%), Selenium: 1.08µg (1.54%)