



Cauliflower “Couscous”

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



401 kcal

SIDE DISH

Ingredients

- 1 head cauliflower cored (see How to Cut and Core Cauliflower)
- 0.5 cup water (more or less depending on the size of your pan)
- 1 teaspoon kosher salt
- 1 sprig rosemary
- 1 teaspoon lemon zest
- 2 tablespoons olive oil extra virgin
- 0.3 cup almonds whole coarsely chopped
- 2 ribs celery

- 0.7 cup spring onion sliced (green part only)
- 1 large apples diced red cored canned (peel can stay on)
- 0.5 cup golden raisins
- 1 teaspoon orange zest
- 1 tablespoon olive oil extra virgin
- 0.3 cup walnut pieces chopped
- 0.5 cup cranberries dried fresh sweetened chopped (could also use pomegranate arils)
- 0.5 cup spring onion sliced
- 1 large apples diced cored canned (peel can stay on)

Equipment

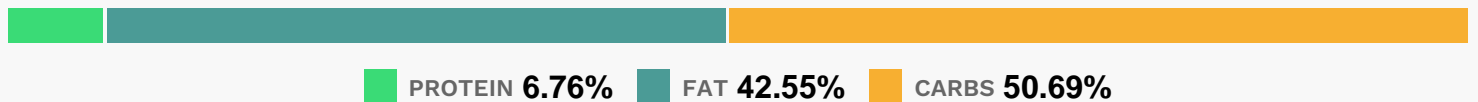
- food processor
- bowl
- frying pan
- pot

Directions

- Process cauliflower florets in food processor:
- Place cauliflower florets into a food processor. Pulse several times until the cauliflower looks like a coarse meal, resembling traditional couscous.
- Steam ground cauliflower in sauté pan: Cover the bottom of a large sauté pan with a thin layer of water.
- Add salt, zest, and an aromatic herb such as rosemary, if using. Bring to a simmer, stir.
- Add the ground cauliflower to the pot, spreading it out in an even layer. Bring to a simmer, then reduce heat to the lowest possible simmer setting. Cover the pan and cook/steam for 5 minutes.
- Remove from heat.
- Remove cauliflower to a sheet pat to cool.
- Brown nuts, cook celery, add green onions, raisins, apples:
- Heat olive oil in a medium sized non-stick sauté pan on medium heat.

- Add the chopped nuts and cook until the nuts begin to brown slightly.
- If using celery, add the celery and continue to cook until the celery is lightly softened, about 2 to 3 minutes.
- Then add the green onions, raisins or dried cranberries, and diced apple to the pan, and stir to warm through.
- Place cauliflower and nut apple mixture into a serving bowl and gently stir to combine.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:87.17, Glycemic Load:13.91, Inflammation Score:-8, Nutrition Score:23.507826245349%

Flavonoids

Cyanidin: 2.26mg, Cyanidin: 2.26mg, Cyanidin: 2.26mg, Cyanidin: 2.26mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 9.59mg, Quercetin: 9.59mg, Quercetin: 9.59mg, Quercetin: 9.59mg

Nutrients (% of daily need)

Calories: 400.65kcal (20.03%), Fat: 20.66g (31.79%), Saturated Fat: 2.52g (15.72%), Carbohydrates: 55.38g (18.46%), Net Carbohydrates: 45.5g (16.54%), Sugar: 37.62g (41.8%), Cholesterol: 0mg (0%), Sodium: 651.19mg (28.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.38g (14.77%), Vitamin C: 82.57mg (100.08%), Vitamin K: 99.27µg (94.55%), Manganese: 0.88mg (44.05%), Fiber: 9.88g (39.52%), Vitamin E: 4.72mg (31.49%), Folate: 123.08µg (30.77%), Potassium: 924.34mg (26.41%), Vitamin B6: 0.46mg (23.04%), Copper: 0.41mg (20.36%), Magnesium: 78.36mg (19.59%), Phosphorus: 181.64mg (18.16%), Vitamin B2: 0.3mg (17.8%), Vitamin B5: 1.24mg (12.44%), Iron: 2.22mg (12.31%), Calcium: 112.64mg (11.26%), Vitamin B1: 0.16mg (10.59%), Vitamin A: 445.49IU

(8.91%), Vitamin B3: 1.75mg (8.75%), Zinc: 1.16mg (7.72%), Selenium: 2.07µg (2.96%)