



Cauliflower in a Coat (Dressed)

 Vegetarian  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



39 kcal

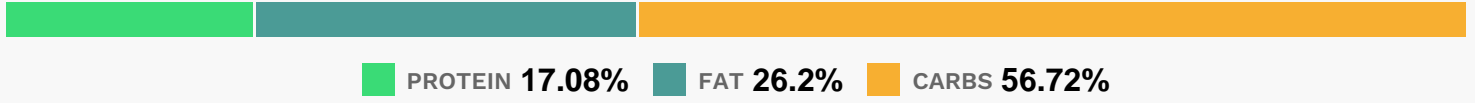
SIDE DISH

Ingredients

- 1 head cauliflower cut into florets
- 0.5 teaspoon dijon mustard
- 0.5 teaspoon chives fresh minced
- 0.5 tsp tarragon dried fresh
- 1.5 teaspoons honey
- 1.5 teaspoons olive oil
- 6 servings salt and pepper

Equipment

Nutrition Facts



Properties

Glycemic Index:38.55, Glycemic Load:1.7, Inflammation Score:-3, Nutrition Score:6.6708695652174%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 38.79kcal (1.94%), Fat: 1.29g (1.99%), Saturated Fat: 0.27g (1.66%), Carbohydrates: 6.3g (2.1%), Net Carbohydrates: 4.35g (1.58%), Sugar: 3.27g (3.64%), Cholesterol: 0mg (0%), Sodium: 227.3mg (9.88%), Protein: 1.9g (3.79%), Vitamin C: 46.32mg (56.14%), Vitamin K: 15.64µg (14.9%), Folate: 55.14µg (13.79%), Vitamin B6: 0.18mg (9.02%), Potassium: 292.4mg (8.35%), Manganese: 0.16mg (8.16%), Fiber: 1.95g (7.8%), Vitamin B5: 0.64mg (6.42%), Phosphorus: 43.15mg (4.32%), Magnesium: 15.11mg (3.78%), Vitamin B2: 0.06mg (3.55%), Vitamin B1: 0.05mg (3.27%), Iron: 0.47mg (2.6%), Vitamin B3: 0.5mg (2.51%), Calcium: 23.18mg (2.32%), Copper: 0.04mg (1.97%), Zinc: 0.27mg (1.81%), Vitamin E: 0.22mg (1.48%), Selenium: 0.74µg (1.05%)