



Cauliflower Pepperoni Pizza Casserole

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



305 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup olives black sliced
- ☐ 1 large cauliflower cut into florets
- ☐ 1 tablespoon oil
- ☐ 0.3 teaspoon oregano
- ☐ 0.3 cup parmigiano reggiano grated (parmesan)
- ☐ 2 ounces pepperoni
- ☐ 2 cups pizza sauce
- ☐ 1 cup mozzarella cheese shredded

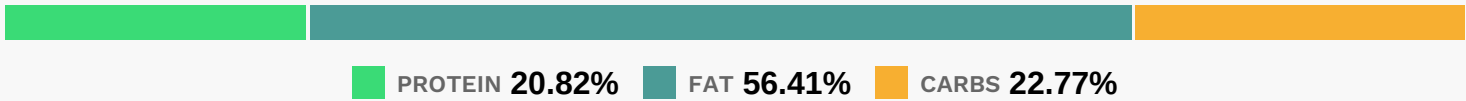
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ baking pan

Directions

- ☐ Toss the cauliflower in the oil, place on a baking sheet in a single layer and roast in a preheated 400F oven until it starts to caramelize, about 20–30 minutes, mixing half way through.
- ☐ Mix the cauliflower, pizza sauce, pepperoni and olives, reserving some pepperoni and olives, place in a baking dish, sprinkle on the cheese followed by the reserved toppings and the oregano.
- ☐ Bake in a preheated 350F oven until the cheese has melted and the sides are bubbling, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:4.36, Inflammation Score:-8, Nutrition Score:23.442173988923%

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 Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 305.35kcal (15.27%), Fat: 20.19g (31.06%), Saturated Fat: 7.97g (49.82%), Carbohydrates: 18.33g (6.11%), Net Carbohydrates: 11.96g (4.35%), Sugar: 8.76g (9.73%), Cholesterol: 40.12mg (13.37%), Sodium: 1274.95mg (55.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.76g (33.53%), Vitamin C: 109.8mg (133.09%), Vitamin K: 40.94µg (38.99%), Folate: 134.38µg (33.6%), Potassium: 1062.71mg (30.36%), Phosphorus: 290.89mg (29.09%), Vitamin B6: 0.58mg (28.89%), Calcium: 287.83mg (28.78%), Manganese: 0.56mg (27.84%), Fiber: 6.37g (25.48%), Vitamin E: 3.1mg (20.68%), Vitamin B2: 0.34mg (20.19%), Vitamin B5: 2.02mg (20.18%), Selenium: 12.35µg (17.65%), Vitamin A: 803.8IU (16.08%), Magnesium: 62.04mg (15.51%), Vitamin B3: 3.06mg (15.29%), Vitamin B12:

0.9µg (14.96%), Zinc: 2.18mg (14.52%), Iron: 2.51mg (13.94%), Copper: 0.25mg (12.58%), Vitamin B1: 0.19mg (12.38%),
Vitamin D: 0.33µg (2.18%)