



Cauliflower Puttanesca



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



65 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1 teaspoon capers
- ☐ 4.5 cups cauliflower florets
- ☐ 1 garlic clove minced
- ☐ 0.3 cup bell pepper green chopped
- ☐ 1 tablespoon kalamata olives pitted chopped
- ☐ 2 teaspoons olive oil

- ☐ 0.3 cup onion diced
- ☐ 1 tablespoon red wine vinegar
- ☐ 1 teaspoon sugar
- ☐ 2 teaspoons tomato paste
- ☐ 0.3 cup water

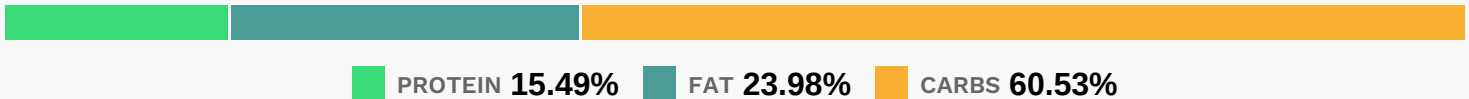
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add onion and green bell pepper; saut 6 minutes or until tender.
- ☐ Add garlic; cook 30 seconds.
- ☐ Add tomatoes and next 7 ingredients; stir well. Bring to a boil; reduce heat, and simmer, uncovered, 10 minutes or until thick. Set aside, and keep warm.
- ☐ Steam cauliflower 4 minutes or until crisp-tender. Spoon cauliflower onto serving plates; top with sauce.
- ☐ carbo rating: 7

Nutrition Facts



Properties

Glycemic Index:47.35, Glycemic Load:2.97, Inflammation Score:-5, Nutrition Score:9.708695790042%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 65.21kcal (3.26%), Fat: 1.98g (3.05%), Saturated Fat: 0.35g (2.18%), Carbohydrates: 11.24g (3.75%), Net Carbohydrates: 7.99g (2.91%), Sugar: 5.95g (6.61%), Cholesterol: 0mg (0%), Sodium: 160.19mg (6.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.76%), Vitamin C: 50.39mg (61.08%), Vitamin K: 17.11µg (16.3%), Manganese: 0.28mg (14.22%), Vitamin B6: 0.28mg (14.06%), Folate: 54.55µg (13.64%), Potassium: 476.99mg (13.63%), Fiber: 3.25g (13.01%), Copper: 0.18mg (8.88%), Vitamin E: 1.28mg (8.54%), Iron: 1.36mg (7.53%), Vitamin B5: 0.72mg (7.17%), Magnesium: 28.16mg (7.04%), Vitamin B1: 0.1mg (6.69%), Vitamin B3: 1.34mg (6.69%), Phosphorus: 61.93mg (6.19%), Vitamin B2: 0.09mg (5.28%), Calcium: 45.77mg (4.58%), Vitamin A: 214.58IU (4.29%), Zinc: 0.44mg (2.9%), Selenium: 1.1µg (1.58%)