

## Cauliflower Side Dish

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



123 kcal

SIDE DISH

### Ingredients

- 3 tablespoons butter
- 1 head cauliflower quartered
- 0.5 cup seasoned bread crumbs dry
- 1 cup onion minced
- 6 servings salt and pepper black to taste

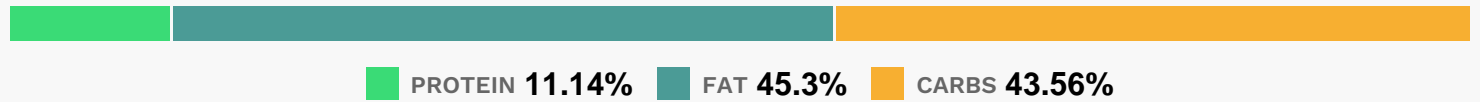
### Equipment

- frying pan
- pot

## Directions

- Place the cauliflower into a large pot and cover with water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until fork-tender, 5 to 7 minutes.
- Drain and allow to steam dry for a minute or two; chop into bite-size pieces.
- Melt 1 tablespoon butter in a skillet over medium-high heat. Cook the onion in the butter until the onion is browned, about 5 minutes.
- Add 3 tablespoons of butter and cook until the butter is melted. Stir in the bread crumbs and cook until the mixture bubbles.
- Mix the cauliflower into the skillet and cook until the cauliflower is warm, 3 to 5 minutes. Season with salt and black pepper; serve hot.

## Nutrition Facts



## Properties

Glycemic Index:18.17, Glycemic Load:1.46, Inflammation Score:-5, Nutrition Score:9.2469564624455%

## 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: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg

## Nutrients (% of daily need)

Calories: 123.11kcal (6.16%), Fat: 6.52g (10.03%), Saturated Fat: 3.87g (24.21%), Carbohydrates: 14.11g (4.7%), Net Carbohydrates: 11.25g (4.09%), Sugar: 3.54g (3.93%), Cholesterol: 15.15mg (5.05%), Sodium: 402.22mg (17.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.21%), Vitamin C: 48.44mg (58.71%), Vitamin K: 20.05µg (19.1%), Folate: 71.8µg (17.95%), Manganese: 0.28mg (14.09%), Fiber: 2.86g (11.44%), Vitamin B6: 0.23mg (11.28%), Vitamin B1: 0.16mg (10.44%), Potassium: 350.3mg (10.01%), Vitamin B5: 0.74mg (7.42%), Phosphorus: 69.28mg (6.93%), Vitamin B2: 0.11mg (6.39%), Vitamin B3: 1.14mg (5.68%), Magnesium: 21.79mg (5.45%), Iron: 0.95mg (5.3%), Calcium: 47.22mg (4.72%), Selenium: 3.25µg (4.64%), Vitamin A: 194.76IU (3.9%), Copper: 0.07mg (3.62%), Zinc: 0.45mg (3.03%), Vitamin E: 0.27mg (1.8%)