



HEALTH SCORE

57%

Cauliflower Steaks with Olive Relish and Tomato Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



199 kcal

SIDE DISH

Ingredients

- ☐ 1 large head cauliflower
- ☐ 2 tablespoons flat parsley chopped
- ☐ 3 garlic clove
- ☐ 4 servings pepper black freshly ground
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 cup olives black pitted finely chopped
- ☐ 3.5 tablespoons olive oil divided plus more

- ☐ 2 plum tomatoes cored quartered
- ☐ 3 sun-dried olives thinly sliced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ blender

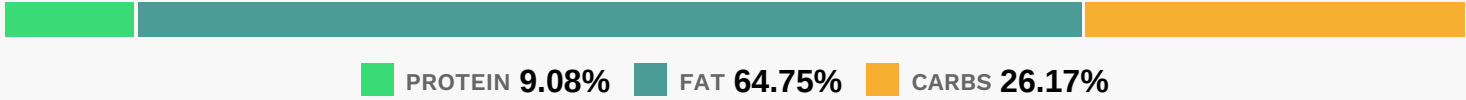
Directions

- ☐ Remove leaves and trim stem end of cauliflower, leaving core intact.
- ☐ Place cauliflower core side down on a work surface. Using a large knife, slice cauliflower into four 1/2" steaks from center of cauliflower (some florets will break loose; reserve). Finely chop enough loose florets to measure 1/2 cup.
- ☐ Transfer chopped florets to a small bowl and mix with olives, sun-dried tomatoes, 1 tablespoon oil, parsley, and lemon juice. Season relish with salt and pepper.
- ☐ Preheat oven to 400°.
- ☐ Heat 1 tablespoon olive oil in a large heavy ovenproof skillet over medium-high heat. Working in 2 batches, cook cauliflower steaks until golden brown, about 2 minutes per side, adding tablespoon oil to pan between batches.
- ☐ Transfer steaks to a large rimmed baking sheet. Reserve skillet. Roast cauliflower until tender, about 15 minutes.
- ☐ Meanwhile, return skillet to medium-high heat and add garlic cloves and tomatoes, one cut side down. Cook until tomatoes are browned; turn tomatoes over and transfer skillet to oven with cauliflower. Roast garlic and tomatoes until tender, about 12 minutes.
- ☐ Transfer garlic, tomatoes, and 1/2 tablespoon oil to a blender; purée until smooth. Season with salt and pepper. Divide tomato sauce among plates.
- ☐ Place 1 cauliflower steak on each plate; spoon relish over.
- ☐ Serve warm or at room temperature.

calories, 14 g fat, 15 g carbohydrate

Bon Appétit

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:2.75, Inflammation Score:-8, Nutrition Score:17.962608689847%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 4.38mg, Apigenin: 4.38mg, Apigenin: 4.38mg, Apigenin: 4.38mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 199.31kcal (9.97%), Fat: 15.56g (23.94%), Saturated Fat: 2.33g (14.55%), Carbohydrates: 14.15g (4.72%), Net Carbohydrates: 8.69g (3.16%), Sugar: 5.55g (6.17%), Cholesterol: 0mg (0%), Sodium: 331.18mg (14.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.81%), Vitamin C: 109.9mg (133.21%), Vitamin K: 76.26µg (72.63%), Folate: 129.25µg (32.31%), Vitamin B6: 0.45mg (22.6%), Potassium: 782.75mg (22.36%), Manganese: 0.44mg (22.11%), Fiber: 5.46g (21.82%), Vitamin E: 2.76mg (18.41%), Vitamin B5: 1.49mg (14.88%), Phosphorus: 110.72mg (11.07%), Magnesium: 41.48mg (10.37%), Vitamin A: 506.96IU (10.14%), Vitamin B1: 0.13mg (8.97%), Vitamin B2: 0.15mg (8.54%), Iron: 1.43mg (7.92%), Copper: 0.15mg (7.65%), Vitamin B3: 1.47mg (7.34%), Calcium: 67.2mg (6.72%), Zinc: 0.71mg (4.7%), Selenium: 1.82µg (2.6%)