



Cauliflower with Capers

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



52 kcal

SIDE DISH

Ingredients

- 1.5 teaspoons capers drained
- 4 cups cauliflower florets (1 small head)
- 3 tablespoons parsley fresh chopped
- 2 garlic cloves minced
- 0.5 optional: lemon
- 2 tablespoons juice of lemon
- 2 teaspoons olive oil
- 0.3 teaspoon salt

6 cups water

Equipment

bowl

frying pan

sauce pan

Directions

Bring 6 cups water and lemon half to a boil in a large saucepan.

Add the cauliflower to pan; cook 3 minutes.

Drain; discard lemon half.

Heat oil in a large nonstick skillet over medium heat.

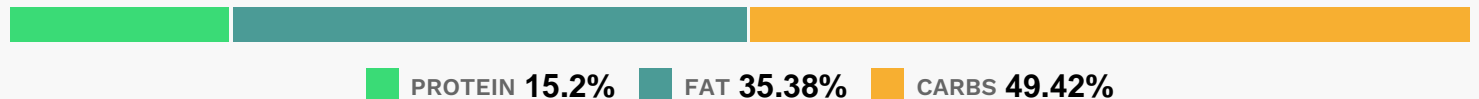
Add cauliflower to pan; cook 12 minutes or until soft, stirring occasionally.

Add garlic; cook 30 seconds or until lightly browned.

Transfer cauliflower mixture to a large bowl.

Add parsley and the remaining ingredients; toss well.

Nutrition Facts



Properties

Glycemic Index:29.88, Glycemic Load:1.34, Inflammation Score:-6, Nutrition Score:10.910869546559%

Flavonoids

Eriodictyol: 3.25mg, Eriodictyol: 3.25mg, Eriodictyol: 3.25mg, Eriodictyol: 3.25mg Hesperetin: 4.85mg, Hesperetin: 4.85mg, Hesperetin: 4.85mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 6.5mg, Apigenin: 6.5mg, Apigenin: 6.5mg, Apigenin: 6.5mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 51.73kcal (2.59%), Fat: 2.38g (3.66%), Saturated Fat: 0.42g (2.63%), Carbohydrates: 7.47g (2.49%), Net Carbohydrates: 4.91g (1.79%), Sugar: 2.48g (2.76%), Cholesterol: 0mg (0%), Sodium: 216.17mg (9.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.59%), Vitamin C: 62.75mg (76.06%), Vitamin K: 66.11µg (62.97%), Folate: 64.76µg (16.19%), Vitamin B6: 0.22mg (10.99%), Fiber: 2.56g (10.22%), Potassium: 348.34mg (9.95%), Manganese: 0.19mg (9.54%), Vitamin B5: 0.72mg (7.24%), Copper: 0.11mg (5.69%), Magnesium: 22.21mg (5.55%), Vitamin A: 257.31IU (5.15%), Phosphorus: 50.87mg (5.09%), Calcium: 43.87mg (4.39%), Vitamin B1: 0.06mg (4.19%), Iron: 0.74mg (4.13%), Vitamin B2: 0.07mg (4.09%), Vitamin B3: 0.58mg (2.91%), Vitamin E: 0.43mg (2.87%), Zinc: 0.37mg (2.46%), Selenium: 0.89µg (1.27%)