



Cauliflower with Chives and Lemon

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



49 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.8 pound cauliflower florets fresh
- 2 tablespoons chives fresh finely chopped
- 1 tablespoon juice of lemon fresh ()
- 1.5 tablespoons butter light melted
- 0.3 teaspoon salt

Equipment

- bowl

sauce pan

Directions

- Place cauliflower in a medium saucepan, and add water to cover. Bring to a boil, and cook 5 minutes or until crisp-tender.
- Transfer florets to a bowl; add chives and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.84, Inflammation Score:-4, Nutrition Score:6.4239130855902%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 49.05kcal (2.45%), Fat: 3.15g (4.85%), Saturated Fat: 1.92g (11.99%), Carbohydrates: 4.63g (1.54%), Net Carbohydrates: 2.85g (1.04%), Sugar: 1.75g (1.94%), Cholesterol: 5.57mg (1.86%), Sodium: 172.85mg (7.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.76%), Vitamin C: 43.32mg (52.5%), Vitamin K: 16.83µg (16.03%), Folate: 50.88µg (12.72%), Vitamin B6: 0.16mg (8.06%), Manganese: 0.15mg (7.71%), Potassium: 268.02mg (7.66%), Fiber: 1.78g (7.13%), Vitamin B5: 0.58mg (5.79%), Phosphorus: 40.57mg (4.06%), Magnesium: 14.09mg (3.52%), Vitamin B2: 0.06mg (3.37%), Vitamin A: 155.35IU (3.11%), Vitamin B1: 0.05mg (3.02%), Iron: 0.45mg (2.53%), Calcium: 23.48mg (2.35%), Vitamin B3: 0.45mg (2.23%), Copper: 0.04mg (1.89%), Zinc: 0.26mg (1.7%), Vitamin E: 0.16mg (1.07%)