



Cauliflower with Green Onions and Parmesan

 Gluten Free

READY IN



13 min.

SERVINGS



4

CALORIES



48 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons butter
- ☐ 10.4 ounce cauliflower florets
- ☐ 3 tablespoons green onions thinly sliced
- ☐ 0.1 teaspoon coarsely ground pepper black
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons parmesan cheese grated

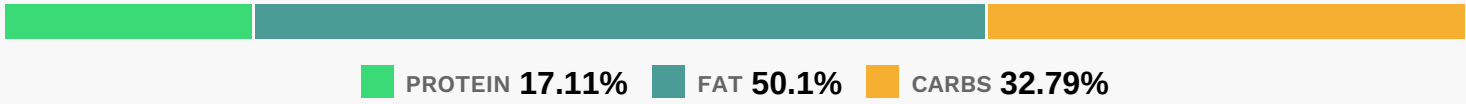
Equipment

- ☐ bowl

Directions

- ☐ Steam cauliflower, covered, 4 minutes or until tender.
- ☐ Transfer cauliflower to a medium bowl; add green onions and remaining ingredients. Toss well to combine.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:0.78, Inflammation Score:-3, Nutrition Score:6.0926087919785%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 48.43kcal (2.42%), Fat: 2.94g (4.53%), Saturated Fat: 1.77g (11.07%), Carbohydrates: 4.34g (1.45%), Net Carbohydrates: 2.73g (0.99%), Sugar: 1.51g (1.68%), Cholesterol: 7.55mg (2.52%), Sodium: 227.96mg (9.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.52%), Vitamin C: 36.29mg (43.99%), Vitamin K: 21.03µg (20.03%), Folate: 45.03µg (11.26%), Vitamin B6: 0.14mg (7.02%), Potassium: 238.34mg (6.81%), Manganese: 0.13mg (6.58%), Fiber: 1.6g (6.41%), Phosphorus: 50.57mg (5.06%), Vitamin B5: 0.51mg (5.06%), Calcium: 42.48mg (4.25%), Vitamin B2: 0.06mg (3.37%), Magnesium: 12.97mg (3.24%), Vitamin B1: 0.04mg (2.67%), Vitamin A: 129.31IU (2.59%), Iron: 0.39mg (2.19%), Zinc: 0.33mg (2.18%), Vitamin B3: 0.4mg (2%), Selenium: 1.37µg (1.96%), Copper: 0.03mg (1.72%), Vitamin E: 0.16mg (1.03%)