



Cauliflower with Lemon-Caper Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



111 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4.5 teaspoons capers rinsed drained
- ☐ 6 cups cauliflower florets (1 large head)
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup parsley chopped
- ☐ 3 tablespoons shallots minced

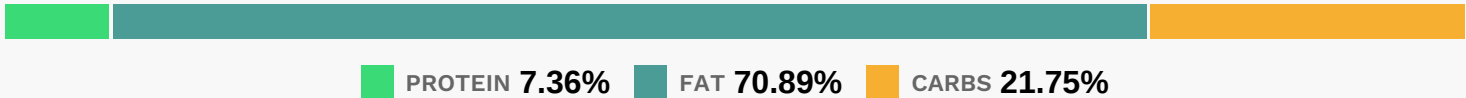
Equipment

☐ sauce pan

Directions

- ☐ Bring a large saucepan of water to a boil; add cauliflower. Boil 6 minutes or until crisp-tender; drain.
- ☐ Combine olive oil, lemon juice, parsley, minced shallots, capers, kosher salt, and black pepper.
- ☐ Add cauliflower, tossing to coat.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:1.19, Inflammation Score:-5, Nutrition Score:10.12478270738%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 110.71kcal (5.54%), Fat: 9.33g (14.36%), Saturated Fat: 1.38g (8.64%), Carbohydrates: 6.44g (2.15%), Net Carbohydrates: 4.11g (1.5%), Sugar: 2.46g (2.73%), Cholesterol: 0mg (0%), Sodium: 170.68mg (7.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.36%), Vitamin C: 53.92mg (65.36%), Vitamin K: 62.46µg (59.49%), Folate: 63.86µg (15.96%), Vitamin B6: 0.21mg (10.32%), Potassium: 336.52mg (9.61%), Vitamin E: 1.42mg (9.46%), Fiber: 2.33g (9.31%), Manganese: 0.19mg (9.31%), Vitamin B5: 0.7mg (7%), Phosphorus: 49.13mg (4.91%), Magnesium: 18.24mg (4.56%), Vitamin A: 213.63IU (4.27%), Iron: 0.72mg (4.02%), Vitamin B2: 0.07mg (3.91%), Vitamin B1: 0.06mg (3.78%), Calcium: 28.72mg (2.87%), Vitamin B3: 0.56mg (2.83%), Copper: 0.05mg (2.74%), Zinc: 0.33mg (2.17%)