



Cauliflower with Melted Onions and Mustard Seeds

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



231 kcal

SIDE DISH

Ingredients

- ☐ 5 pound cauliflower cut into 2-inch florets
- ☐ 0.5 cup cilantro leaves chopped
- ☐ 1 teaspoon curry powder
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 6 servings salt and pepper freshly ground
- ☐ 2 large onions sweet halved lengthwise thinly sliced
- ☐ 1 tablespoon butter unsalted

- ☐ 0.3 cup vegetable oil
- ☐ 1 teaspoon mustard seeds yellow

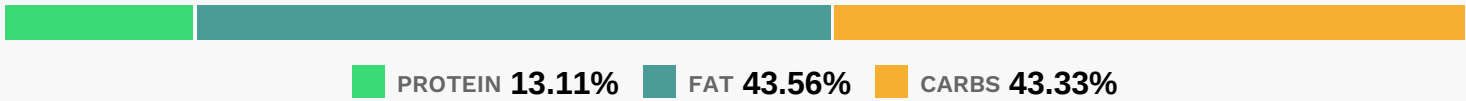
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 450
- ☐ In a large roasting pan, melt the butter in 1 tablespoon of the oil in the oven; swirl to combine.
- ☐ Add the cauliflower, stems up, and season with salt and pepper. Cover with foil and bake on the bottom shelf of the oven for 30 minutes. Increase the oven temperature to 500 and bake for 10 minutes.
- ☐ Remove the foil and continue to bake for 10 minutes longer, or until the cauliflower starts to caramelize on the bottom.
- ☐ Meanwhile, in a large skillet, heat the remaining 3 tablespoons of oil.
- ☐ Add the onions, cover and cook over low heat, stirring occasionally, until very tender, about 20 minutes. Stir in the curry powder and mustard seeds and cook, stirring, until fragrant, about 5 minutes.
- ☐ Add the lemon juice and season the onions with salt and pepper.
- ☐ Transfer the roasted cauliflower to a large serving bowl and spoon the onions on top.
- ☐ Sprinkle with the chopped cilantro and serve at once.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:3.6, Inflammation Score:-9, Nutrition Score:23.965217457841%

Flavonoids

Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 2.62mg, Kaempferol: 2.62mg, Kaempferol: 2.62mg Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg Quercetin: 18.78mg, Quercetin: 18.78mg, Quercetin: 18.78mg, Quercetin: 18.78mg

Nutrients (% of daily need)

Calories: 231.31kcal (11.57%), Fat: 12.36g (19.02%), Saturated Fat: 3.09g (19.34%), Carbohydrates: 27.67g (9.22%), Net Carbohydrates: 18.9g (6.87%), Sugar: 12.88g (14.31%), Cholesterol: 5.02mg (1.67%), Sodium: 317.15mg (13.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.37g (16.74%), Vitamin C: 188.89mg (228.96%), Vitamin K: 80.28µg (76.46%), Folate: 243.55µg (60.89%), Vitamin B6: 0.85mg (42.4%), Potassium: 1280.45mg (36.58%), Manganese: 0.7mg (35.14%), Fiber: 8.77g (35.08%), Vitamin B5: 2.65mg (26.47%), Phosphorus: 202.81mg (20.28%), Magnesium: 69.87mg (17.47%), Vitamin B1: 0.24mg (16.05%), Vitamin B2: 0.25mg (14.97%), Iron: 2.05mg (11.38%), Calcium: 109.87mg (10.99%), Copper: 0.22mg (10.95%), Vitamin B3: 2.12mg (10.58%), Vitamin E: 1.26mg (8.38%), Zinc: 1.22mg (8.12%), Selenium: 3.96µg (5.65%), Vitamin A: 152.98IU (3.06%)