



Cauliflower with Mustard-Lemon Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



138 kcal

SIDE DISH

Ingredients

- ☐ 6 tablespoons butter ()
- ☐ 1.8 pounds cauliflower
- ☐ 1 teaspoon coarse kosher salt
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1.5 teaspoons lemon zest finely grated
- ☐ 2 tablespoons grain dijon mustard whole

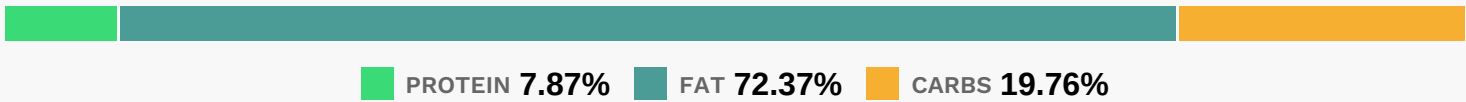
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 400°F. Butter rimmed baking sheet.
- ☐ Cut cauliflower in half, then cut crosswise into 1/4-inch-thick slices. Arrange slices in single layer on prepared baking sheet; sprinkle with salt. Roast until cauliflower is slightly softened, about 15 minutes.
- ☐ Meanwhile, melt butter in small saucepan over medium heat.
- ☐ Whisk in lemon juice, mustard, and lemon peel.
- ☐ Spoon mustard-lemon butter evenly over cauliflower and roast until crisp-tender, about 10 minutes longer. DO AHEAD Can be made 2 hours ahead.
- ☐ Let stand at room temperature. If desired, rewarm in 350°F oven until heated through, about 10 minutes.
- ☐ Transfer cauliflower to platter.
- ☐ Sprinkle with parsley and serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:1.28, Inflammation Score:-6, Nutrition Score:10.622608574836%

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: 1.48mg, Apigenin: 1.48mg, Apigenin: 1.48mg, Apigenin: 1.48mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 138.08kcal (6.9%), Fat: 11.91g (18.33%), Saturated Fat: 7.38g (46.15%), Carbohydrates: 7.32g (2.44%), Net Carbohydrates: 4.36g (1.59%), Sugar: 2.76g (3.07%), Cholesterol: 30.1mg (10.03%), Sodium: 572.74mg (24.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.83%), Vitamin C: 67.25mg (81.52%), Vitamin K: 32.49µg (30.95%), Folate: 78.26µg (19.56%), Vitamin B6: 0.25mg (12.55%), Potassium: 416.15mg (11.89%), Fiber: 2.95g (11.8%), Manganese: 0.23mg (11.43%), Vitamin B5: 0.92mg (9.24%), Vitamin A: 410.12IU (8.2%), Phosphorus: 67.82mg (6.78%), Magnesium: 23.24mg (5.81%), Vitamin B2: 0.09mg (5.25%), Vitamin B1: 0.08mg (5.22%), Iron: 0.69mg (3.84%), Selenium: 2.64µg (3.78%), Calcium: 37.75mg (3.77%), Vitamin B3: 0.72mg (3.6%), Vitamin E: 0.46mg (3.08%), Copper: 0.06mg (2.89%), Zinc: 0.41mg (2.76%)