



Cauliflower with Pine Nuts and Bacon



Gluten Free



Dairy Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



221 kcal

SIDE DISH

Ingredients

- ☐ 1 cauliflower head cut into florets (see how to cut and core cauliflower)
- ☐ 0.3 cup pinenuts
- ☐ 0.3 pound bacon cut into batons
- ☐ 4 garlic cloves sliced thin
- ☐ 1 teaspoons oregano dried
- ☐ 1 teaspoons pepper flakes red
- ☐ 4 servings salt and pepper black to taste
- ☐ 4 servings juice of lemon to taste

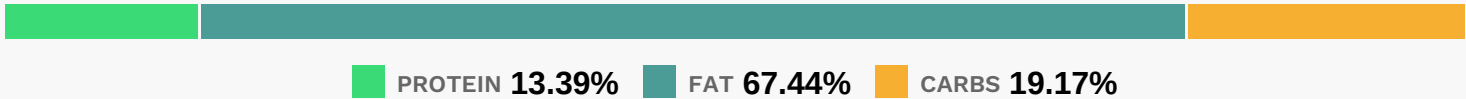
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Boil cauliflower in salted water: Bring a large pot of salted water to a boil and cook the cauliflower for 5 minutes.
- ☐ Drain and set aside.
- ☐ Toast pine nuts: While the water is heating, toast the pine nuts in a dry sauté pan until lightly browned. Keep an eye on them, as pine nuts go from toasted to burnt quickly. Set the pine nuts aside when they are toasted.
- ☐ Add the bacon to the pan and fry gently over medium heat until crispy.
- ☐ Remove the bacon and set aside with the pine nuts.
- ☐ Sauté the garlic for 1 minute on medium-high heat, then add the cauliflower, pine nuts, bacon, oregano and red pepper flakes. Toss to combine and sauté for 3–4 minutes, stirring often. Do not let the garlic burn.
- ☐ off the heat and add salt and lemon juice to taste.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:1.65, Inflammation Score:-8, Nutrition Score:16.49913041488%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 221.44kcal (11.07%), Fat: 17.57g (27.03%), Saturated Fat: 4.4g (27.49%), Carbohydrates: 11.23g (3.74%), Net Carbohydrates: 7.55g (2.75%), Sugar: 3.51g (3.9%), Cholesterol: 18.71mg (6.24%), Sodium: 433.74mg (18.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.85g (15.7%), Vitamin C: 76.11mg (92.26%), Manganese: 1.05mg (52.73%), Vitamin K: 30.52µg (29.06%), Folate: 89.22µg (22.31%), Vitamin B6: 0.41mg (20.38%), Potassium: 579.89mg (16.57%), Phosphorus: 160.62mg (16.06%), Fiber: 3.68g (14.73%), Vitamin B1: 0.19mg (12.84%), Magnesium: 49.89mg (12.47%), Vitamin B5: 1.19mg (11.89%), Vitamin B3: 2.36mg (11.78%), Selenium: 7.19µg (10.27%), Copper: 0.2mg (9.95%), Zinc: 1.34mg (8.96%), Vitamin E: 1.33mg (8.87%), Iron: 1.52mg (8.45%), Vitamin B2: 0.14mg (8.31%), Calcium: 50.48mg (5.05%), Vitamin A: 170.86IU (3.42%), Vitamin B12: 0.14µg (2.36%)