



Cauliflower with Rye Crumbs

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



157 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon caraway seeds crushed
- 1 pounds cauliflower
- 4 slices day-old rye bread
- 1 stick butter unsalted

Equipment

- food processor
- frying pan
- oven

ziploc bags

Directions

Preheat oven to 350°F with rack in middle.

Pulse bread in a food processor to form medium-fine crumbs.

Spread in a 4-sided sheet pan and toast in oven, stirring occasionally, until golden, 8 to 10 minutes. Cool.

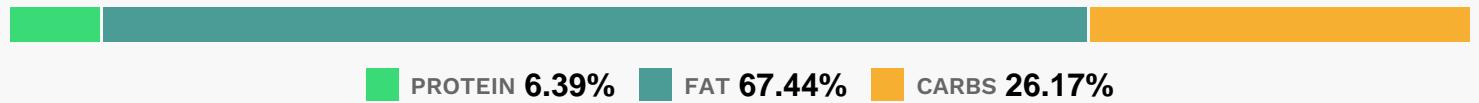
Core cauliflower, keeping head intact, then cook in a large steamer rack over boiling water, covered, until tender, about 15 minutes.

Transfer to a platter and keep warm, covered.

Melt butter in a large heavy skillet over medium heat and stir in caraway seeds, toasted crumbs, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Cook, stirring, until hot, about 2 minutes. Spoon over cauliflower.

Crumbs can be toasted 1 day ahead and kept in a sealable plastic bag at room temperature.

Nutrition Facts



Properties

Glycemic Index:10.54, Glycemic Load:4.1, Inflammation Score:-4, Nutrition Score:6.4326087715833%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 157.31kcal (7.87%), Fat: 12.16g (18.71%), Saturated Fat: 7.43g (46.44%), Carbohydrates: 10.62g (3.54%), Net Carbohydrates: 8.51g (3.09%), Sugar: 1.71g (1.9%), Cholesterol: 30.37mg (10.12%), Sodium: 115.06mg (5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.19%), Vitamin C: 27.42mg (33.24%), Folate: 50.35µg (12.59%), Manganese: 0.22mg (11.1%), Vitamin K: 9.97µg (9.49%), Fiber: 2.11g (8.44%), Selenium: 5.44µg (7.77%), Vitamin A: 354.56IU (7.09%), Vitamin B1: 0.1mg (6.6%), Vitamin B6: 0.12mg (5.86%), Potassium: 201.17mg (5.75%), Vitamin B2: 0.09mg (5.46%), Phosphorus: 49.05mg (4.9%), Vitamin B5: 0.46mg (4.64%), Vitamin B3: 0.91mg (4.53%), Iron: 0.71mg (3.97%), Magnesium: 15.51mg (3.88%), Vitamin E: 0.43mg (2.86%), Calcium: 28.41mg (2.84%), Copper: 0.06mg (2.76%), Zinc: 0.36mg (2.37%), Vitamin D: 0.21µg (1.41%)