



WHATSheATE



Cauliflower with Serrano Ham and Tomato



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



102 kcal

SIDE DISH

Ingredients

- ☐ 2.5 pounds cauliflower cored cut into 1-inch florets
- ☐ 1 cup cherry tomatoes cut into 1/4-inch dice
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.3 cup onion red chopped
- ☐ 0.3 pound serrano ham thinly sliced cut into 1/4-inch pieces

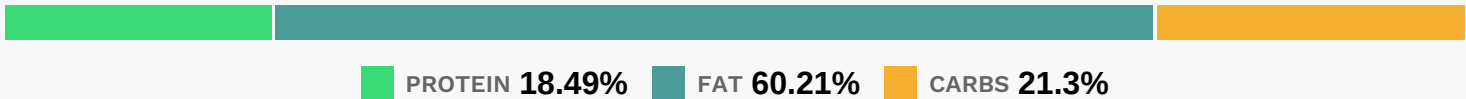
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ ziploc bags
- ☐ colander

Directions

- ☐ Cook cauliflower in a large pot of boiling salted wateruntil just tender, 4 to 6 minutes.
- ☐ Drain well in a colander, then transfer to a large bowl.
- ☐ While cauliflower boils, cook onion in oil in a 10-inch heavy skillet over moderate heat, stirring occasionally, 2 minutes.
- ☐ Add tomatoes and ham and cook, stirring frequently, until just heated through, about 2 minutes.
- ☐ Remove from heat and stir in lemon juice and parsley.
- ☐ Pour tomato mixture over cauliflower and toss to coat, then season with salt and pepper.
- ☐ Serve warm or at room temperature.
- ☐ Cauliflower can be cut into florets and onion, tomatoes, and ham can be cut 1 day ahead and chilled separately in sealed plastic bags.

Nutrition Facts



Properties

Glycemic Index:7.58, Glycemic Load:1, Inflammation Score:-5, Nutrition Score:8.5686955529711%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.51mg,

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Nutrients (% of daily need)

Calories: 101.76kcal (5.09%), Fat: 7.31g (11.24%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 5.82g (1.94%), Net Carbohydrates: 3.72g (1.35%), Sugar: 2.36g (2.62%), Cholesterol: 5.07mg (1.69%), Sodium: 216.33mg (9.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.05g (10.1%), Vitamin C: 51.1mg (61.93%), Vitamin K: 39.12µg (37.26%), Folate: 58.6µg (14.65%), Vitamin B6: 0.19mg (9.55%), Potassium: 325.02mg (9.29%), Fiber: 2.1g (8.4%), Manganese: 0.17mg (8.37%), Vitamin E: 1.02mg (6.81%), Vitamin B5: 0.66mg (6.59%), Phosphorus: 47.22mg (4.72%), Magnesium: 16.47mg (4.12%), Iron: 0.72mg (3.98%), Vitamin B1: 0.06mg (3.69%), Vitamin B2: 0.06mg (3.66%), Vitamin A: 166.22IU (3.32%), Vitamin B3: 0.57mg (2.84%), Calcium: 25.08mg (2.51%), Copper: 0.05mg (2.5%), Zinc: 0.29mg (1.96%)