



Cauliflower with shrimps

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



114 kcal

SIDE DISH

Ingredients

- ☐ 1 cauliflower cut into small florets
- ☐ 114 g potted shrimps
- ☐ 25 g butter
- ☐ 3 scrapes of nutmeg
- ☐ 1 pinch chilli powder
- ☐ 1 tablespoon juice of lemon
- ☐ 4 servings pepper black

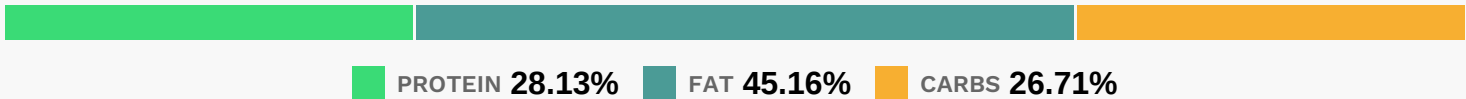
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Drop the cauliflower into boiling salted water and cook for 10–15 minutes, until just tender.
- ☐ Drain and keep warm.
- ☐ Melt the potted shrimps in a saucepan with the butter, nutmeg and chilli powder. When the butter is very hot, but not boiling, add a squeeze of lemon juice, then pour the contents of the pan over the cauliflower. Finish with a grating of black pepper.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:1.68, Inflammation Score:-5, Nutrition Score:11.365652299446%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg 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: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 114kcal (5.7%), Fat: 6.18g (9.5%), Saturated Fat: 3.82g (23.88%), Carbohydrates: 8.22g (2.74%), Net Carbohydrates: 4.99g (1.81%), Sugar: 3.27g (3.64%), Cholesterol: 59.32mg (19.77%), Sodium: 117.93mg (5.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.66g (17.31%), Vitamin C: 70.78mg (85.8%), Vitamin K: 22.91µg (21.82%), Folate: 84.04µg (21.01%), Potassium: 517.48mg (14.79%), Manganese: 0.29mg (14.47%), Vitamin B6: 0.27mg (13.48%), Phosphorus: 129.47mg (12.95%), Fiber: 3.23g (12.93%), Vitamin B5: 0.97mg (9.72%), Copper: 0.19mg (9.25%), Magnesium: 34.84mg (8.71%), Calcium: 54.88mg (5.49%), Zinc: 0.81mg (5.41%), Vitamin B2: 0.09mg (5.31%), Vitamin B1: 0.08mg (5.23%), Iron: 0.82mg (4.53%), Vitamin B3: 0.76mg (3.79%), Vitamin A: 165.9IU (3.32%), Vitamin E: 0.28mg (1.84%), Selenium: 0.96µg (1.38%)