



Cauliflower with Warm Curry Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



113 kcal

SIDE DISH

Ingredients

- ☐ 6 cups cauliflower florets (1 large head)
- ☐ 2 tablespoons ginger fresh grated peeled
- ☐ 1 teaspoon garam masala
- ☐ 0.3 teaspoon ground coriander
- ☐ 0.4 teaspoon kosher salt
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup onion chopped

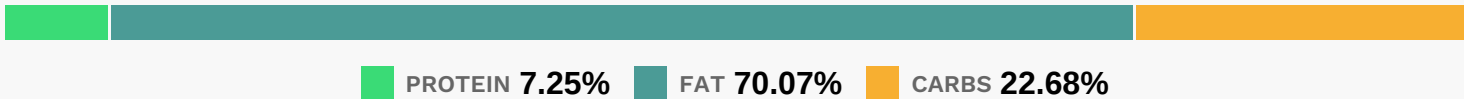
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring a large saucepan of water to a boil; add cauliflower. Boil 6 minutes or until crisp-tender; drain.
- ☐ Heat a large skillet over medium heat.
- ☐ Add olive oil; swirl to coat. Saut onion 2 minutes or until lightly golden. Stir in ginger, cauliflower, garam masala, kosher salt, and coriander. Cook 2 minutes.

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:1.28, Inflammation Score:-4, Nutrition Score:7.808260700382%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 113.34kcal (5.67%), Fat: 9.37g (14.41%), Saturated Fat: 1.38g (8.64%), Carbohydrates: 6.82g (2.27%), Net Carbohydrates: 4.45g (1.62%), Sugar: 2.52g (2.79%), Cholesterol: 0mg (0%), Sodium: 176.62mg (7.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.36%), Vitamin C: 49.32mg (59.78%), Vitamin K: 20.97µg (19.97%), Folate: 59.79µg (14.95%), Vitamin B6: 0.2mg (10.19%), Fiber: 2.37g (9.48%), Potassium: 329.33mg (9.41%), Vitamin E: 1.38mg (9.23%), Manganese: 0.18mg (8.98%), Vitamin B5: 0.69mg (6.88%), Phosphorus: 49mg (4.9%), Magnesium: 17.62mg (4.4%), Vitamin B2: 0.06mg (3.8%), Vitamin B1: 0.06mg (3.79%), Iron: 0.53mg (2.93%), Vitamin B3: 0.54mg (2.71%), Calcium: 26.21mg (2.62%), Copper: 0.05mg (2.52%), Zinc: 0.3mg (2.03%), Selenium: 0.71µg (1.01%)