



Cauliflower with Warm Garlic-Anchovy Dressing

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



110 kcal

SIDE DISH

Ingredients

- ☐ 3 fillet anchovy minced drained
- ☐ 6 cups cauliflower florets (1 large head)
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 0.3 cup olive oil
- ☐ 3 tablespoons parsley chopped

☐ 0.3 teaspoon salt

Equipment

☐ frying pan

☐ sauce pan

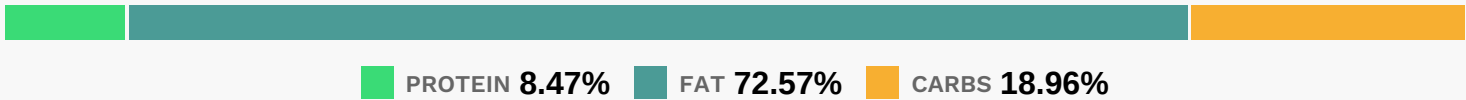
Directions

☐ Bring a large saucepan of water to a boil; add cauliflower. Boil 6 minutes or until crisp-tender; drain.

☐ Combine olive oil, minced anchovies, minced garlic, crushed red pepper, and salt in a skillet over medium heat; cook 1 minute.

☐ Add cauliflower, parsley, and lemon rind; toss.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:1.06, Inflammation Score:-5, Nutrition Score:9.6782608427431%

Flavonoids

Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 109.94kcal (5.5%), Fat: 9.42g (14.5%), Saturated Fat: 1.41g (8.78%), Carbohydrates: 5.54g (1.85%), Net Carbohydrates: 3.37g (1.23%), Sugar: 1.96g (2.17%), Cholesterol: 1.2mg (0.4%), Sodium: 133.19mg (5.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.95%), Vitamin C: 51.39mg (62.29%), Vitamin K: 53.91µg (51.35%), Folate: 60.32µg (15.08%), Vitamin B6: 0.2mg (10.24%), Vitamin E: 1.47mg (9.78%), Potassium: 325.38mg (9.3%), Manganese: 0.18mg (8.97%), Fiber: 2.16g (8.65%), Vitamin B5: 0.7mg (6.96%), Phosphorus: 50.69mg (5.07%), Vitamin A: 219.07IU (4.38%), Magnesium: 17.35mg (4.34%), Vitamin B3: 0.84mg (4.2%), Vitamin B2: 0.07mg (4.11%), Iron: 0.71mg (3.93%), Vitamin B1: 0.06mg (3.69%), Calcium: 30.43mg (3.04%), Copper: 0.05mg (2.55%), Zinc: 0.35mg (2.3%), Selenium: 1.51µg (2.16%)