



Charred Cauliflower

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



81 kcal

SIDE DISH

Ingredients

- 2 teaspoons basil-infused olive oil white
- 5 cups cauliflower florets (1 medium head or)
- 0.3 teaspoon pepper red crushed
- 0.5 teaspoon kosher salt
- 1 tablespoon juice of lemon fresh
- 1 tablespoon olive oil

Equipment

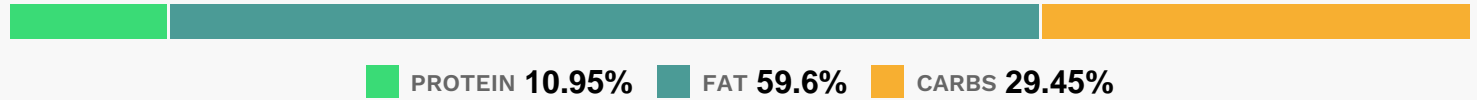
- frying pan

- oven
- broiler pan

Directions

- Preheat oven to 50
- Place cauliflower on a broiler pan.
- Drizzle with 1 tablespoon olive oil and salt; toss well to coat.
- Spread cauliflower in a single layer on pan.
- Bake at 500 for 15 minutes or until cauliflower is lightly browned in spots, stirring every 5 minutes.
- Remove from oven.
- Drizzle charred cauliflower with lemon juice, 2 teaspoons infused oil, and crushed red pepper; toss well to coat.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:1.19, Inflammation Score:-4, Nutrition Score:9.0017391857894%

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: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 81.05kcal (4.05%), Fat: 5.88g (9.04%), Saturated Fat: 0.93g (5.79%), Carbohydrates: 6.53g (2.18%), Net Carbohydrates: 3.98g (1.45%), Sugar: 2.49g (2.77%), Cholesterol: 0mg (0%), Sodium: 330.38mg (14.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.86%), Vitamin C: 61.7mg (74.79%), Vitamin K: 22.82µg (21.73%), Folate: 72.04µg (18.01%), Vitamin B6: 0.23mg (11.72%), Potassium: 380.17mg (10.86%), Fiber: 2.55g (10.22%), Manganese: 0.2mg (9.85%), Vitamin B5: 0.84mg (8.4%), Vitamin E: 0.95mg (6.3%), Phosphorus: 55.67mg (5.57%), Magnesium: 19.17mg (4.79%), Vitamin B2: 0.08mg (4.51%), Vitamin B1: 0.06mg (4.25%), Vitamin B3: 0.65mg (3.26%), Iron: 0.58mg (3.24%), Calcium: 28.37mg (2.84%), Copper: 0.05mg (2.54%), Zinc: 0.35mg (2.3%), Selenium:

0.78µg (1.11%)