



Cooking Light The Complete Quick Cook's Roasted Cauliflower, Chickpeas, and Olives



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



160 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce garbanzo beans rinsed drained canned (garbanzo beans)
- ☐ 1 pound cauliflower florets
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 3 tablespoons parsley fresh
- ☐ 8 garlic clove coarsely chopped
- ☐ 3 tablespoons olive oil
- ☐ 10 olive green spanish pitted halved

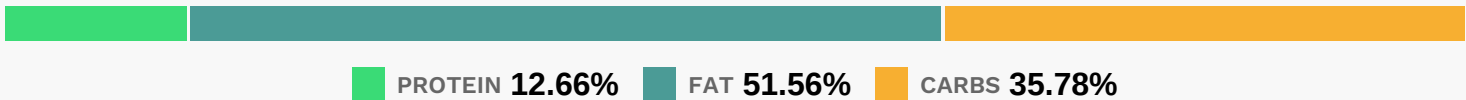
Equipment

- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 450°F.
- ☐ Combine first 4 ingredients in a shallow roasting pan.
- ☐ Drizzle with oil; sprinkle with pepper. Toss well to coat.
- ☐ Bake at 450° for 22 minutes or until cauliflower is browned and crisp-tender, stirring after 10 minutes.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:22.39, Glycemic Load:3.71, Inflammation Score:-5, Nutrition Score:12.590434789658%

Flavonoids

Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 159.97kcal (8%), Fat: 9.67g (14.88%), Saturated Fat: 1.35g (8.47%), Carbohydrates: 15.11g (5.04%), Net Carbohydrates: 10.05g (3.65%), Sugar: 1.55g (1.72%), Cholesterol: 0mg (0%), Sodium: 328.38mg (14.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.34g (10.69%), Vitamin C: 40.42mg (48.99%), Vitamin K: 49.07µg (46.73%), Manganese: 0.77mg (38.49%), Vitamin B6: 0.53mg (26.56%), Fiber: 5.06g (20.23%), Folate: 64.22µg (16.05%), Potassium: 361.34mg (10.32%), Phosphorus: 98.01mg (9.8%), Vitamin E: 1.4mg (9.36%), Magnesium: 33.46mg (8.36%), Iron: 1.48mg (8.23%), Copper: 0.16mg (8.13%), Vitamin B5: 0.75mg (7.51%), Calcium: 55.52mg (5.55%), Zinc: 0.77mg (5.14%), Vitamin A: 255.09IU (5.1%), Vitamin B1: 0.07mg (4.8%), Vitamin B2: 0.06mg (3.79%), Selenium: 2.54µg (3.62%), Vitamin B3: 0.56mg (2.82%)