



Crispy Cauliflower with Capers, Raisins, and Breadcrumbs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



119 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon anchovy paste
- ☐ 2 pounds cauliflower cut into 2" florets
- ☐ 1 tablespoon citrus champagne vinegar
- ☐ 0.8 cup coarse salt fresh
- ☐ 2 tablespoons flat parsley chopped
- ☐ 3 garlic clove thinly sliced
- ☐ 0.3 cup golden raisins

- ☐ 10 servings pepper black freshly ground
- ☐ 0.5 cup chicken broth
- ☐ 6 tablespoons olive oil divided
- ☐ 2 tablespoons salt-packed capers dry rinsed

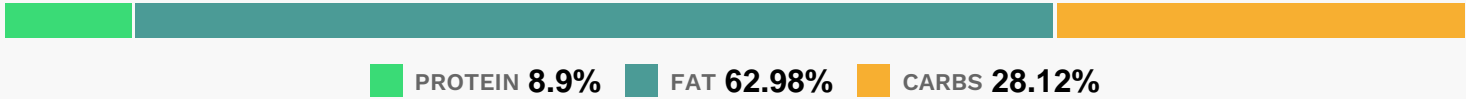
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 425°F. Toss cauliflower florets with 3 tablespoons olive oil in a large bowl; season mixture with salt and pepper. Divide cauliflower mixture between 2 large rimmed baking sheets, spreading out in a single layer. Roast, tossing occasionally, until cauliflower is golden and crispy, about 45 minutes. DO AHEAD: Cauliflower can be made 4 hours ahead.
- ☐ Let stand at room temperature. Reheat before using.
- ☐ Meanwhile, heat remaining 3 tablespoons olive oil in a small saucepan over medium-low heat.
- ☐ Add garlic and cook, stirring occasionally, until just golden, 5–6 minutes.
- ☐ Add capers and cook until they start to pop, about 3 minutes longer.
- ☐ Add breadcrumbs and toss to coat. Cook, stirring often, until breadcrumbs are golden, 2–3 minutes; transfer breadcrumb mixture to a plate and set aside.
- ☐ Add chicken broth and anchovy paste (if using) to same saucepan. Bring to a boil.
- ☐ Add golden raisins and white wine vinegar and cook until almost all liquid is absorbed, about 5 minutes.
- ☐ Remove from heat and set aside. DO AHEAD: Breadcrumb and raisin mixtures can be made 2 hours ahead. Rewarm raisin mixture before continuing.
- ☐ Transfer warm cauliflower to a serving bowl. Scatter raisin mixture over, then toss to distribute evenly. Season to taste with salt and pepper.
- ☐ Sprinkle cauliflower with breadcrumb mixture and parsley.

Nutrition Facts



Properties

Glycemic Index:18.27, Glycemic Load:3.03, Inflammation Score:-4, Nutrition Score:8.2539131994481%

Flavonoids

Apigenin: 1.76mg, Apigenin: 1.76mg, Apigenin: 1.76mg, Apigenin: 1.76mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 119.38kcal (5.97%), Fat: 8.87g (13.65%), Saturated Fat: 1.32g (8.26%), Carbohydrates: 8.91g (2.97%), Net Carbohydrates: 6.83g (2.48%), Sugar: 4.63g (5.14%), Cholesterol: 0.51mg (0.17%), Sodium: 8767.27mg (381.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.64%), Vitamin C: 45.23mg (54.83%), Vitamin K: 32.66µg (31.1%), Folate: 53.19µg (13.3%), Manganese: 0.21mg (10.39%), Vitamin B6: 0.2mg (9.86%), Potassium: 332.51mg (9.5%), Vitamin E: 1.32mg (8.77%), Fiber: 2.08g (8.31%), Vitamin B5: 0.63mg (6.27%), Phosphorus: 52.65mg (5.26%), Magnesium: 16.91mg (4.23%), Vitamin B2: 0.07mg (4.2%), Vitamin B3: 0.81mg (4.07%), Iron: 0.72mg (4%), Copper: 0.07mg (3.65%), Calcium: 32.99mg (3.3%), Vitamin B1: 0.05mg (3.25%), Zinc: 0.33mg (2.2%), Selenium: 1.14µg (1.63%), Vitamin A: 68.26IU (1.37%)