



WHATSHEATE



HEALTH SCORE

65%

Cumin Seed Roasted Cauliflower with Salted Yogurt, Mint, and Pomegranate Seeds



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



307 kcal

SIDE DISH

Ingredients



0.5 teaspoon pepper black freshly ground



1 large head cauliflower cut into bite-sized florets



2 servings mint leaves fresh chopped for serving



0.5 teaspoon kosher salt



2 tablespoons olive oil extra virgin extra-virgin



2 servings yogurt plain for serving



2 servings pomegranate seeds for serving

☐ 1 teaspoon cumin seeds whole

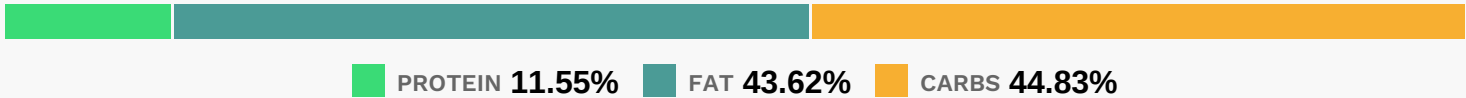
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 425°F. Toss the cauliflower with the oil, cumin seed, salt, and pepper.
- ☐ Spread the mixture in an even layer on a large baking sheet. Roast, tossing occasionally, until the cauliflower is tender and its edges are toasty, 20 to 30 minutes.
- ☐ Whisk a pinch of salt into the yogurt. Dollop the yogurt on top of the cauliflower and strew the mint and pomegranate seeds over the yogurt.
- ☐ What Else?
- ☐ •Don't worry if your florets seem unevenly cut. The bigger pieces will get tender and golden, while the little bits get crispy–caramelized all over. I think it makes for an excellent contrast of textures.•I abhor the chalky texture of low-fat yogurts, so please use full-fat for this dish. The only exception I've found is 2% plain Greek yogurt, which tastes more or less like the real deal.•If you don't have pomegranate seeds, just leave them off. The dish is lovely enough without them.

Nutrition Facts



Properties

Glycemic Index:77.5, Glycemic Load:12.65, Inflammation Score:-8, Nutrition Score:27.427391236486%

Flavonoids

Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg

Luteolin: 0.52mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

Nutrients (% of daily need)

Calories: 307.29kcal (15.36%), Fat: 16.47g (25.35%), Saturated Fat: 2.63g (16.43%), Carbohydrates: 38.1g (12.7%), Net Carbohydrates: 25.91g (9.42%), Sugar: 20.01g (22.24%), Cholesterol: 0.13mg (0.04%), Sodium: 712.81mg (30.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.82g (19.64%), Vitamin C: 211.71mg (256.62%), Vitamin K: 88.67µg (84.45%), Folate: 273.86µg (68.46%), Fiber: 12.19g (48.77%), Manganese: 0.86mg (43.25%), Potassium: 1493.15mg (42.66%), Vitamin B6: 0.85mg (42.27%), Vitamin B5: 3.14mg (31.44%), Phosphorus: 223.58mg (22.36%), Magnesium: 78.89mg (19.72%), Vitamin E: 2.91mg (19.42%), Vitamin B1: 0.28mg (18.41%), Vitamin B2: 0.31mg (18.02%), Copper: 0.32mg (16.02%), Iron: 2.87mg (15.95%), Vitamin B3: 2.45mg (12.27%), Calcium: 116.76mg (11.68%), Zinc: 1.51mg (10.07%), Selenium: 3.06µg (4.36%), Vitamin A: 58.9IU (1.18%)