



Curried Cauliflower



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 cup cauliflower florets (2 medium heads)
- ☐ 0.5 cup cilantro stems finely chopped
- ☐ 2 tablespoons mild curry powder
- ☐ 2 tablespoons ginger fresh peeled finely chopped
- ☐ 1 tablespoon garlic minced
- ☐ 2 teaspoons olive oil
- ☐ 2 cups onion thinly sliced
- ☐ 1 teaspoon salt

- ☐ 1 cup whole-milk yogurt
- ☐ 1 cup tomatoes peeled seeded chopped

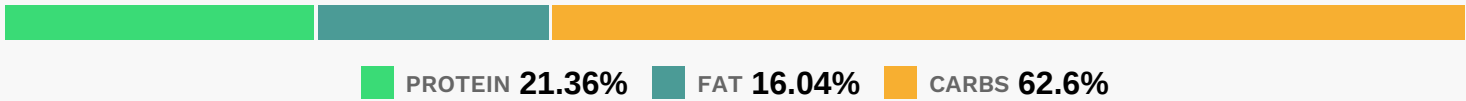
Equipment

- ☐ dutch oven

Directions

- ☐ Heat the oil in a Dutch oven over medium-high heat.
- ☐ Add onion and ginger; cover and cook 3 minutes, stirring frequently. Reduce heat to medium.
- ☐ Add Mild Curry Powder and garlic; cook 30 seconds, stirring constantly.
- ☐ Add cauliflower and next 4 ingredients (cauliflower through salt), stirring well to combine. Bring to a boil (yogurt will curdle); cover, reduce heat, and simmer 20 minutes or until cauliflower is tender.
- ☐ Serve with lemon wedges and cilantro sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:17.63, Glycemic Load:2.17, Inflammation Score:-6, Nutrition Score:13.023912927379%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.49mg, Quercetin: 9.49mg, Quercetin: 9.49mg, Quercetin: 9.49mg

Nutrients (% of daily need)

Calories: 86.33kcal (4.32%), Fat: 1.71g (2.64%), Saturated Fat: 0.4g (2.48%), Carbohydrates: 15.05g (5.02%), Net Carbohydrates: 10.99g (4%), Sugar: 7.24g (8.04%), Cholesterol: 0.61mg (0.2%), Sodium: 397.92mg (17.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.14g (10.27%), Vitamin C: 67.12mg (81.35%), Vitamin K: 25.68µg (24.46%), Folate: 88.08µg (22.02%), Vitamin B6: 0.36mg (18.07%), Manganese: 0.36mg (18%), Potassium: 606.34mg (17.32%), Fiber: 4.06g (16.25%), Phosphorus: 128.22mg (12.82%), Calcium: 117.06mg (11.71%), Vitamin B5: 1.13mg (11.3%), Vitamin B2: 0.18mg (10.68%), Magnesium: 36.95mg (9.24%), Iron: 1.42mg (7.91%), Vitamin B1: 0.12mg

(7.73%), Copper: 0.11mg (5.56%), Zinc: 0.83mg (5.52%), Vitamin E: 0.82mg (5.44%), Vitamin B3: 1.01mg (5.07%),
Selenium: 2.5µg (3.58%), Vitamin B12: 0.19µg (3.11%), Vitamin A: 120.4IU (2.41%)