



Curried Cauliflower and Carrots

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 carrots peeled cut into 1-inch chunks
- 1 medium head cauliflower cut into florets
- 1 teaspoon cumin
- 2 teaspoons curry powder
- 1 tablespoon flat-leaf parsley fresh finely chopped
- 6 servings kosher salt and pepper freshly ground
- 0.3 cup olive oil plus more for topping
- 1 onion red cut into eighths

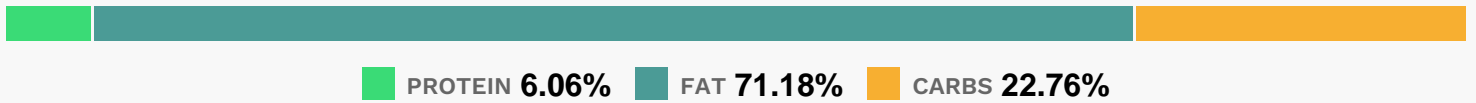
Equipment

- bowl
- baking sheet
- oven
- whisk
- aluminum foil

Directions

- Preheat the oven to 425 degrees F.
- Whisk together the curry powder, cumin, salt, pepper and olive oil in a medium bowl.
- Spread the cauliflower, carrots, and onion in a single layer on a large baking sheet-lined with tin foil.
- Drizzle with the dressing and toss so it is thoroughly coated.
- Roast the vegetables in the oven until tender and browned, about 40 minutes, stirring halfway through cooking.
- Remove to a serving bowl and sprinkle with parsley and a drizzle of olive oil on top.
- Serve hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:24.64, Glycemic Load:1.96, Inflammation Score:-10, Nutrition Score:12.626956582069%

Flavonoids

Apigenin: 1.48mg, Apigenin: 1.48mg, Apigenin: 1.48mg, Apigenin: 1.48mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 149.37kcal (7.47%), Fat: 12.51g (19.24%), Saturated Fat: 1.82g (11.35%), Carbohydrates: 9g (3%), Net Carbohydrates: 5.92g (2.15%), Sugar: 3.6g (4%), Cholesterol: 0mg (0%), Sodium: 238.82mg (10.38%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.39g (4.79%), Vitamin A: 3464.22IU (69.28%), Vitamin C: 49.74mg (60.29%), Vitamin K: 36.45µg (34.72%), Folate: 64.04µg (16.01%), Vitamin E: 2.11mg (14.03%), Fiber: 3.08g (12.3%), Manganese: 0.24mg (12.13%), Vitamin B6: 0.24mg (11.81%), Potassium: 398.48mg (11.38%), Vitamin B5: 0.72mg (7.2%), Phosphorus: 58.98mg (5.9%), Iron: 1.03mg (5.73%), Magnesium: 21.9mg (5.47%), Vitamin B1: 0.07mg (4.94%), Vitamin B2: 0.08mg (4.58%), Calcium: 39.46mg (3.95%), Vitamin B3: 0.75mg (3.77%), Copper: 0.06mg (3.16%), Zinc: 0.39mg (2.6%), Selenium: 0.82µg (1.17%)