



Curried Cauliflower and Corn



Gluten Free



Dairy Free

READY IN



21 min.

SERVINGS



7

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



4.5 cups cauliflower flowerets 1 medium head



10 ounce whole-kernel corn frozen



1 teaspoon curry powder



0.3 cup green onion sliced 1 large



0.1 teaspoon ground ginger



0.1 teaspoon ground pepper



1.5 tablespoons butter melted



0.3 teaspoon salt

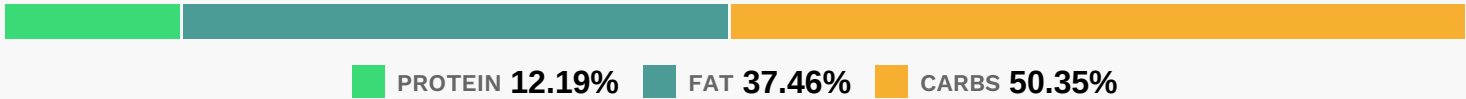
Equipment

- ☐ bowl
- ☐ steamer basket

Directions

- ☐ Arrange cauliflower in a steamer basket over boiling water; add corn. Cover and steam 13 minutes or until cauliflower is crisp-tender.
- ☐ Combine margarine and next 4 ingredients in a large bowl; add cauliflower mixture and green onion, tossing gently to coat vegetables with spice mixture.

Nutrition Facts



Properties

Glycemic Index:14.43, Glycemic Load:0.67, Inflammation Score:-4, Nutrition Score:6.2869565715284%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 67.06kcal (3.35%), Fat: 3.14g (4.83%), Saturated Fat: 0.69g (4.33%), Carbohydrates: 9.49g (3.16%), Net Carbohydrates: 7.19g (2.62%), Sugar: 3.12g (3.47%), Cholesterol: 0mg (0%), Sodium: 214.39mg (9.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.59%), Vitamin C: 32.34mg (39.2%), Vitamin K: 17.7µg (16.86%), Folate: 54.39µg (13.6%), Fiber: 2.3g (9.19%), Manganese: 0.18mg (9.02%), Potassium: 262.16mg (7.49%), Vitamin B6: 0.14mg (6.97%), Vitamin B5: 0.58mg (5.78%), Phosphorus: 50.04mg (5%), Vitamin B2: 0.08mg (4.68%), Magnesium: 16.58mg (4.14%), Vitamin B3: 0.76mg (3.82%), Vitamin B1: 0.05mg (3.34%), Vitamin A: 164.17IU (3.28%), Iron: 0.53mg (2.93%), Copper: 0.04mg (2.22%), Zinc: 0.33mg (2.2%), Calcium: 20.45mg (2.04%), Vitamin E: 0.26mg (1.76%), Selenium: 0.72µg (1.03%)