



Curry-Roasted Cauliflower

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



19 kcal

SIDE DISH

Ingredients

- 0.3 tsp pepper black
- 4 cups cauliflower florets
- 2 tsp curry powder
- 1 tsp juice of lemon
- 0.3 cup olive oil
- 0.5 tsp salt
- 0.3 cup planters slivered almonds
- 2 tsp sugar

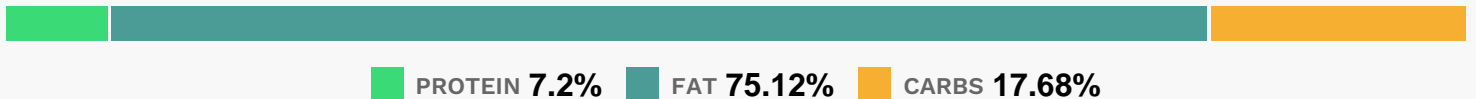
Equipment

- bowl
- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 400F.
- Mix oil, curry powder, sugar, lemon juice, salt and pepper in large bowl.
- Add cauliflower; toss to coat.
- Place in 13x9-inch baking dish; cover with foil.
- Bake 15 min.
- Add almonds; mix lightly.
- Bake, uncovered, an additional 10 to 15 min. or until cauliflower is lightly browned and almonds are toasted.

Nutrition Facts



Properties

Glycemic Index:3.31, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:0.98652174761114%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 18.52kcal (0.93%), Fat: 1.64g (2.52%), Saturated Fat: 0.21g (1.31%), Carbohydrates: 0.87g (0.29%), Net Carbohydrates: 0.56g (0.2%), Sugar: 0.4g (0.44%), Cholesterol: 0mg (0%), Sodium: 28.59mg (1.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.71%), Vitamin C: 4.34mg (5.26%), Vitamin E: 0.4mg (2.7%), Vitamin K: 2.21µg (2.1%), Manganese: 0.04mg (1.87%), Folate: 5.58µg (1.39%), Fiber: 0.31g (1.24%)