



Dinner Tonight: Chicken with Roasted Cauliflower and Tahini Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



732 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 head cauliflower cored cut into 2" florets
- ☐ 2 .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs
- ☐ 1.5 teaspoons garlic finely minced
- ☐ 3 teaspoons ground cumin
- ☐ 1 juice of lemon
- ☐ 2 servings salt and pepper black
- ☐ 3 tablespoons olive oil extra virgin extra-virgin

- ☐ 2 servings paprika smoked
- ☐ 0.3 cup tahini

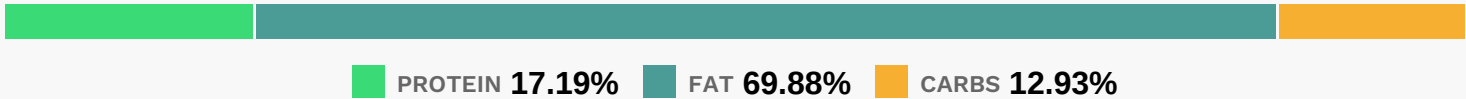
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Adjust oven rack to middle position and preheat the oven to 500°F. Meanwhile, mix 2 tablespoons of the oil, 2 teaspoons of the cumin, the cauliflower, and a pinch of salt and pepper in a large bowl. Toss well, and then dump onto a baking sheet, leaving one end empty.
- ☐ Rub the remaining oil onto the chicken legs. Season with the rest of the cumin, and a pinch of salt and pepper.
- ☐ Place on the open end of the baking sheet, skin side up.
- ☐ Set the baking sheet in the oven and cook for 10 minutes. Flip the cauliflower and the chicken legs, and return the oven. Cook for 10 more minutes. Flip everything again, and then cook for a final 5 to 10 minutes.
- ☐ Remove when both the cauliflower and the chicken are nicely browned.
- ☐ While chicken is cooking, make the tahini sauce.
- ☐ Mix together the tahini, garlic, lemon juice, and 1/2 cup of water in a bowl. Season with salt.
- ☐ Serve the chicken and cauliflower with the tahini sauce.
- ☐ Sprinkle a little smoked paprika on top of everything.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:3.02, Inflammation Score:-9, Nutrition Score:35.596086973729%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 731.51kcal (36.58%), Fat: 59.1g (90.92%), Saturated Fat: 11.2g (69.99%), Carbohydrates: 24.6g (8.2%), Net Carbohydrates: 16.69g (6.07%), Sugar: 6.06g (6.74%), Cholesterol: 119.8mg (39.93%), Sodium: 405.42mg (17.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.7g (65.4%), Vitamin C: 146.84mg (177.99%), Phosphorus: 585.92mg (58.59%), Vitamin K: 61.17µg (58.26%), Vitamin B6: 1.05mg (52.65%), Selenium: 35.79µg (51.12%), Folate: 202.29µg (50.57%), Vitamin B1: 0.75mg (49.67%), Vitamin B3: 9.51mg (47.57%), Potassium: 1359.99mg (38.86%), Copper: 0.71mg (35.36%), Vitamin B5: 3.26mg (32.56%), Iron: 5.79mg (32.19%), Fiber: 7.92g (31.67%), Manganese: 0.62mg (31.1%), Zinc: 4.28mg (28.52%), Magnesium: 110.33mg (27.58%), Vitamin E: 3.95mg (26.35%), Vitamin B2: 0.42mg (24.53%), Calcium: 152.67mg (15.27%), Vitamin A: 670.36IU (13.41%), Vitamin B12: 0.72µg (12.02%)