

 **42%**
HEALTH SCORE

Roasted Cauliflower with Caper Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



199 kcal

SIDE DISH

Ingredients

- 0.3 cup capers
- 1 head cauliflower
- 1 bunch parsley fresh coarsely chopped
- 1 clove garlic smashed
- 0.3 cup golden raisins
- 4 servings kosher salt
- 4 servings olive oil extra virgin extra-virgin
- 0.3 cup red wine vinegar

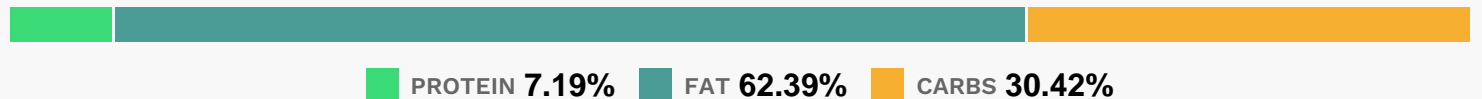
Equipment

- food processor
- oven

Directions

- Preheat the oven to 400 degrees F.
- To prepare the cauliflower, pull and cut off the green leaves.
- Cut the head in half from the top to the bottom.
- Cut out the core, and then cut the top into smaller pieces leaving some stem attached. You want bite-sized florets that look like little trees of cauliflower.
- Toss the cauliflower with olive oil and salt and place in the oven. Roast the cauliflower for 20 minutes.
- While the cauliflower is roasting, puree the capers, garlic, vinegar, and parsley in a food processor. While the machine is running, drizzle in 1/4 cup olive oil. Taste and season with salt, if needed.
- Toss the roasted cauliflower with the vinaigrette and sprinkle with the raisins.

Nutrition Facts



Properties

Glycemic Index:37.67, Glycemic Load:5.45, Inflammation Score:-9, Nutrition Score:17.774782683538%

Flavonoids

Apigenin: 30.76mg, Apigenin: 30.76mg, Apigenin: 30.76mg, Apigenin: 30.76mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 15.34mg, Kaempferol: 15.34mg, Kaempferol: 15.34mg, Kaempferol: 15.34mg Myricetin: 2.13mg, Myricetin: 2.13mg, Myricetin: 2.13mg, Myricetin: 2.13mg Quercetin: 19.92mg, Quercetin: 19.92mg, Quercetin: 19.92mg, Quercetin: 19.92mg

Nutrients (% of daily need)

Calories: 198.67kcal (9.93%), Fat: 14.65g (22.55%), Saturated Fat: 2.18g (13.61%), Carbohydrates: 16.08g (5.36%), Net Carbohydrates: 12g (4.36%), Sugar: 8.28g (9.2%), Cholesterol: 0mg (0%), Sodium: 550.44mg (23.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.6%), Vitamin K: 267.43µg (254.7%), Vitamin C: 89.31mg

(108.25%), Folate: 106.41µg (26.6%), Vitamin A: 1215.58IU (24.31%), Potassium: 589.75mg (16.85%), Fiber: 4.07g (16.29%), Vitamin B6: 0.32mg (15.92%), Vitamin E: 2.35mg (15.64%), Manganese: 0.3mg (15.1%), Iron: 1.99mg (11.07%), Vitamin B5: 1.04mg (10.36%), Magnesium: 36.26mg (9.06%), Phosphorus: 85.37mg (8.54%), Vitamin B2: 0.13mg (7.86%), Copper: 0.16mg (7.75%), Calcium: 62.98mg (6.3%), Vitamin B1: 0.09mg (5.89%), Vitamin B3: 1.1mg (5.48%), Zinc: 0.62mg (4.12%), Selenium: 1.18µg (1.68%)