



Fried Cauliflower with Tahini and Pomegranate Seeds



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 6 cups cauliflower florets (1 large head)
- ☐ 0.3 cup cilantro leaves packed
- ☐ 2 garlic clove
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.3 cup pomegranate seeds

- ☐ 0.5 teaspoon salt divided
- ☐ 0.3 cup tahini (roasted sesame seed paste)
- ☐ 6 tablespoons water

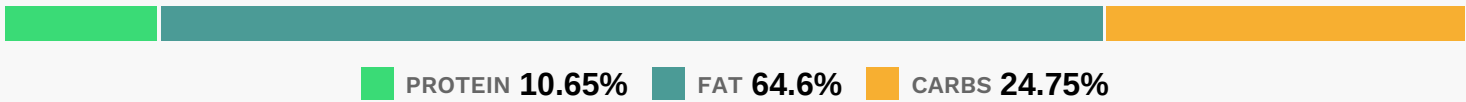
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 37
- ☐ Combine first 4 ingredients in a food processor; process until smooth.
- ☐ Add 6 tablespoons water, 1 tablespoon at a time, until mixture is the consistency of a creamy salad dressing.
- ☐ Add 1/4 teaspoon salt; pulse to combine.
- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add cauliflower; cook 10 minutes or until lightly browned, stirring occasionally.
- ☐ Place cauliflower on a jelly-roll pan lined with foil. Roast cauliflower at 375 for 18 minutes or until tender, turning once.
- ☐ Sprinkle with remaining 1/4 teaspoon salt and pepper.
- ☐ Add pomegranate arils; toss to combine.
- ☐ Serve with tahini mixture.

Nutrition Facts



Properties

Glycemic Index:32.17, Glycemic Load:1.95, Inflammation Score:-5, Nutrition Score:11.113043323807%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 156.3kcal (7.82%), Fat: 12.15g (18.69%), Saturated Fat: 1.78g (11.12%), Carbohydrates: 10.47g (3.49%), Net Carbohydrates: 7.39g (2.69%), Sugar: 3.37g (3.74%), Cholesterol: 0mg (0%), Sodium: 230.24mg (10.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.02%), Vitamin C: 53.14mg (64.42%), Vitamin K: 22.71µg (21.63%), Folate: 75.62µg (18.91%), Vitamin B1: 0.27mg (18.17%), Phosphorus: 155.3mg (15.53%), Copper: 0.28mg (13.9%), Fiber: 3.08g (12.32%), Potassium: 399.26mg (11.41%), Vitamin B6: 0.23mg (11.41%), Manganese: 0.2mg (9.92%), Selenium: 5.39µg (7.71%), Magnesium: 29.99mg (7.5%), Vitamin B5: 0.72mg (7.23%), Vitamin B3: 1.31mg (6.55%), Zinc: 0.94mg (6.27%), Iron: 1.11mg (6.17%), Vitamin E: 0.84mg (5.61%), Vitamin B2: 0.08mg (4.98%), Calcium: 45.55mg (4.56%), Vitamin A: 69.91IU (1.4%)