



Garlicky Cauliflower

 Vegetarian  Vegan  Dairy Free

READY IN



14 min.

SERVINGS



6

CALORIES



72 kcal

SIDE DISH

Ingredients

- 1 cauliflower trimmed cut into florets (6 cups)
- 1 tablespoon parsley fresh minced
- 4 garlic cloves minced
- 1 tablespoon olive oil
- 0.5 teaspoon salt
- 2 ounce bread light whole wheat farm style (such as Pepperidge Wheat Bread)

Equipment

- food processor

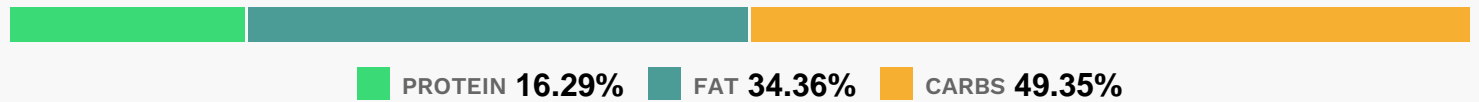
frying pan

blender

Directions

- Arrange cauliflower in a vegetable steamer. Steam, covered, 8 to 10 minutes or until tender.
- Drain well.
- Meanwhile, place bread in a food processor or blender; process until fine breadcrumbs form.
- Heat oil in a large nonstick skillet over medium heat.
- Add garlic; saut 1 to 1 1/2 minutes or until lightly browned. Stir in breadcrumbs; cook, stirring frequently, until browned.
- Remove from heat; stir in parsley and salt.
- Coat cauliflower with cooking spray; toss with breadcrumb mixture.

Nutrition Facts



Properties

Glycemic Index:27.28, Glycemic Load:3.55, Inflammation Score:-4, Nutrition Score:9.0039129516353%

Flavonoids

Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg 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: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 71.81kcal (3.59%), Fat: 2.95g (4.54%), Saturated Fat: 0.52g (3.24%), Carbohydrates: 9.54g (3.18%), Net Carbohydrates: 6.99g (2.54%), Sugar: 2.27g (2.53%), Cholesterol: 0mg (0%), Sodium: 265.82mg (11.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.3%), Vitamin C: 47.7mg (57.82%), Vitamin K: 27.96µg (26.63%), Manganese: 0.39mg (19.27%), Folate: 59.67µg (14.92%), Vitamin B6: 0.22mg (11.11%), Fiber: 2.55g (10.19%), Potassium: 321.94mg (9.2%), Vitamin B5: 0.72mg (7.19%), Phosphorus: 65.65mg (6.56%), Vitamin B1: 0.09mg (5.96%), Magnesium: 22.49mg (5.62%), Selenium: 3.3µg (4.71%), Vitamin B3: 0.93mg (4.64%), Vitamin B2: 0.08mg (4.47%), Calcium: 41.17mg (4.12%), Iron: 0.73mg (4.08%), Copper: 0.07mg (3.29%), Vitamin E: 0.47mg (3.14%), Zinc: 0.46mg (3.04%), Vitamin A: 56.62IU (1.13%)