

Indian Cauliflower



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



140 kcal

SIDE DISH

Ingredients

- ☐ 1 large head cauliflower
- ☐ 3 teaspoons garam masala
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 teaspoon ground turmeric
- ☐ 0.5 head lettuce
- ☐ 1 small onion minced
- ☐ 6 servings salt to taste
- ☐ 2 tomatoes pureed

☐ 4 tablespoons vegetable oil

Equipment

☐ frying pan

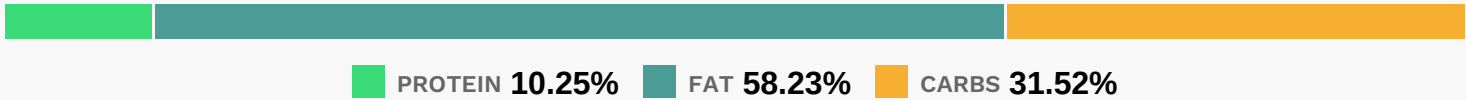
☐ oven

☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Cut off most of the cauliflower's stem and place the whole head in a baking dish.
- ☐ Heat two tablespoons of oil and turmeric together in a small frying pan.
- ☐ Brush the cauliflower head with the oil and turmeric mixture.
- ☐ Bake the cauliflower for 30 minutes.
- ☐ While the cauliflower is cooking heat two tablespoons of oil in a frying pan, mix in the minced onions and saute until the are a medium brown color.
- ☐ Add the pureed tomatoes, garlic powder, garam masala and salt.
- ☐ Let this mixture simmer for 10 minutes.
- ☐ Arrange lettuce leaves on a serving plate.
- ☐ Place the cauliflower on top of the lettuce.
- ☐ Pour the tomato curry over the cauliflower.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:2.26, Inflammation Score:-9, Nutrition Score:13.935652297476%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg

Nutrients (% of daily need)

Calories: 139.73kcal (6.99%), Fat: 9.76g (15.02%), Saturated Fat: 1.6g (9.97%), Carbohydrates: 11.89g (3.96%), Net Carbohydrates: 7.59g (2.76%), Sugar: 5.15g (5.72%), Cholesterol: 0mg (0%), Sodium: 243.85mg (10.6%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.86g (7.73%), Vitamin C: 75.27mg (91.23%), Vitamin K: 52.51µg (50.01%), Folate: 101.49µg (25.37%), Manganese: 0.35mg (17.67%), Potassium: 606.35mg (17.32%), Fiber: 4.3g (17.19%), Vitamin B6: 0.33mg (16.73%), Vitamin A: 567.24IU (11.34%), Vitamin B5: 1.03mg (10.29%), Phosphorus: 86.32mg (8.63%), Vitamin E: 1.17mg (7.78%), Magnesium: 30.53mg (7.63%), Vitamin B1: 0.11mg (7.43%), Vitamin B2: 0.11mg (6.31%), Iron: 1.01mg (5.6%), Vitamin B3: 1.03mg (5.17%), Copper: 0.1mg (4.92%), Calcium: 46.49mg (4.65%), Zinc: 0.56mg (3.72%), Selenium: 1.07µg (1.53%)