



Indian Cauliflower



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



62 kcal

SIDE DISH

Ingredients

- ☐ 8 cups cauliflower florets
- ☐ 0.5 teaspoon curry powder
- ☐ 1 teaspoon ground coriander
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 cup catsup
- ☐ 1 tablespoon butter light
- ☐ 0.5 cup onion finely chopped

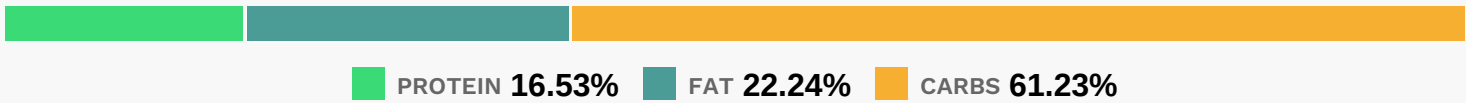
Equipment

☐ microwave

Directions

- ☐ Combine first 4 ingredients in a small microwave-safe dish; microwave at HIGH 30 seconds. Stir in onion and ketchup; microwave at HIGH 1 minute.
- ☐ Place cauliflower in a 2-quart casserole coated with cooking spray. Spoon onion mixture over cauliflower; toss well to coat. Cover and microwave at HIGH 9 minutes, turning after 4 minutes.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:1.54, Inflammation Score:-5, Nutrition Score:10.042173860676%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 62.22kcal (3.11%), Fat: 1.77g (2.72%), Saturated Fat: 0.99g (6.19%), Carbohydrates: 10.95g (3.65%), Net Carbohydrates: 7.82g (2.84%), Sugar: 5.25g (5.83%), Cholesterol: 2.47mg (0.82%), Sodium: 132.3mg (5.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.91%), Vitamin C: 65.75mg (79.7%), Vitamin K: 21.3µg (20.28%), Folate: 79.72µg (19.93%), Vitamin B6: 0.28mg (13.99%), Manganese: 0.28mg (13.75%), Potassium: 455.79mg (13.02%), Fiber: 3.13g (12.52%), Vitamin B5: 0.91mg (9.11%), Phosphorus: 68.01mg (6.8%), Magnesium: 24.45mg (6.11%), Vitamin B2: 0.1mg (6.08%), Vitamin B1: 0.08mg (5.03%), Vitamin B3: 0.86mg (4.28%), Iron: 0.77mg (4.27%), Calcium: 38.28mg (3.83%), Copper: 0.07mg (3.54%), Zinc: 0.43mg (2.87%), Vitamin E: 0.33mg (2.19%), Vitamin A: 92.86IU (1.86%), Selenium: 1.12µg (1.6%)