



HEALTH SCORE

40%

Indian-Spiced Stuffed Cauliflower



Vegetarian



Gluten Free

READY IN

**100 min.**

SERVINGS

**4**

CALORIES

**403 kcal**

SIDE DISH

Ingredients

- 1 small carrots finely chopped
- 3 lbs cauliflower trimmed
- 0.1 teaspoon ground pepper
- 2 tablespoons bob's mill garbanzo bean flour
- 1 cup curd cottage cheese
- 2 tablespoons currants dried
- 2 tablespoons currants dried
- 0.3 teaspoon garam masala

- 2 tablespoons ginger/garlic paste
- 2 tablespoons ginger paste
- 0.3 cup green beans finely chopped
- 0.3 teaspoon ground cumin
- 0.1 teaspoon ground fenugreek
- 4 servings pepper fresh
- 1 tablespoon turmeric
- 1 cup yogurt plain low-fat
- 0.3 cup roasted cashews coarsely chopped
- 4 servings salt
- 0.3 cup cheddar cheese shredded
- 2 tablespoons vegetable oil

Equipment

- food processor
- bowl
- frying pan
- oven
- pot
- baking pan
- colander

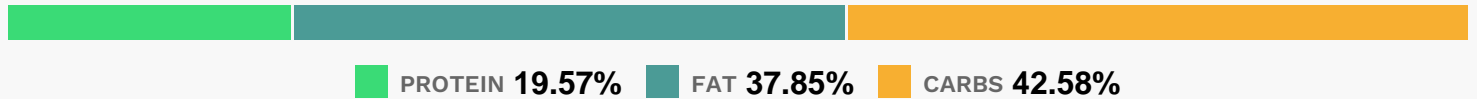
Directions

- Preheat the oven to 42
- Bring a large pot of water to a boil. Stir in the turmeric and 1 tablespoon of salt, add the head of cauliflower and cook until barely tender, about 15 minutes.
- Transfer the cauliflower to a large colander and let cool. In a small skillet, toast the chickpea flour over moderate heat, stirring, until golden brown, about 2 minutes. Scrape the flour into a medium bowl and let cool, then stir in the yogurt, Ginger Paste, Garlic Paste and 1 tablespoon of the oil; season with salt. In a mini food processor, finely grind the cashews. In the small

skillet, heat the remaining 1 tablespoon of oil.

- Add the green beans and carrot and cook over low heat, stirring, until crisp-tender, about 5 minutes.
- Add the garam masala, cumin, cayenne and fenugreek and cook, stirring, until fragrant, about 1 minute. Scrape the mixture into a medium bowl and let cool, then stir in the cottage cheese, Cheddar, currants and ground cashews; season with salt and pepper. Carefully stuff the head of cauliflower, packing small amounts of the vegetable mixture in between the florets and in the crannies on the underside of the head. Set the stuffed cauliflower in a baking dish, right side up, and spoon the yogurt topping all over the head.
- Bake the cauliflower for about 1 hour, or until richly browned.
- Let cool for about 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:98.46, Glycemic Load:8.89, Inflammation Score:-10, Nutrition Score:33.204347826087%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 403.33kcal (20.17%), Fat: 17.94g (27.61%), Saturated Fat: 5.25g (32.82%), Carbohydrates: 45.42g (15.14%), Net Carbohydrates: 36.06g (13.11%), Sugar: 23.45g (26.05%), Cholesterol: 19.66mg (6.55%), Sodium: 574.54mg (24.98%), Protein: 20.88g (41.75%), Vitamin C: 169.88mg (205.91%), Vitamin K: 75.51µg (71.91%), Folate: 238.7µg (59.68%), Manganese: 1.05mg (52.65%), Vitamin A: 2368.38IU (47.37%), Vitamin B6: 0.93mg (46.38%), Phosphorus: 447.8mg (44.78%), Potassium: 1556.63mg (44.48%), Fiber: 9.36g (37.44%), Calcium: 325.51mg (32.55%), Vitamin B5: 3.19mg (31.87%), Vitamin B2: 0.53mg (30.88%), Magnesium: 111.45mg (27.86%), Copper: 0.48mg (23.81%), Vitamin B1: 0.31mg (20.5%), Iron: 3.63mg (20.17%), Selenium: 13.81µg (19.73%), Zinc: 2.8mg (18.67%), Vitamin B3: 2.63mg (13.13%), Vitamin B12: 0.64µg (10.73%), Vitamin E: 1.27mg (8.48%)