



Italian Cauliflower

 Vegetarian  Vegan  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



44 kcal

SIDE DISH

Ingredients

- 2 tablespoons breadcrumbs dry italian
- 4 cups cauliflower florets fresh
- 1 teaspoon basil dried
- 1 tablespoon parsley fresh chopped
- 2 teaspoons vegetable oil
- 2 tablespoons water

Equipment

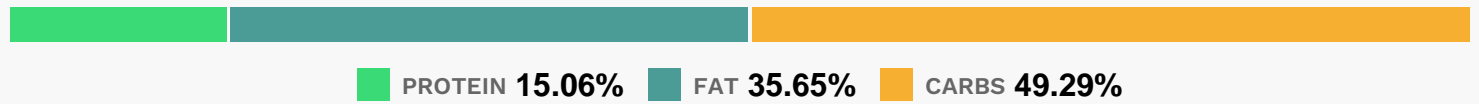
- bowl

- frying pan
- microwave

Directions

- In medium microwavable bowl, cover and microwave cauliflower and water on High about 6 minutes, stirring once after 3 minutes, until tender; drain.
- Meanwhile, in 7-inch skillet, heat oil over medium heat. Stir in bread crumbs and basil. Cook 1 to 2 minutes, stirring frequently, until bread crumbs are toasted. Stir in parsley.
- Sprinkle over cauliflower.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.64, Inflammation Score:-3, Nutrition Score:6.0565216981846%

Flavonoids

Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 43.72kcal (2.19%), Fat: 1.88g (2.89%), Saturated Fat: 0.36g (2.25%), Carbohydrates: 5.83g (1.94%), Net Carbohydrates: 4.27g (1.55%), Sugar: 1.49g (1.65%), Cholesterol: 0mg (0%), Sodium: 45.15mg (1.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.78g (3.57%), Vitamin C: 33.02mg (40.03%), Vitamin K: 27.1µg (25.81%), Folate: 43.1µg (10.77%), Manganese: 0.15mg (7.57%), Vitamin B6: 0.13mg (6.48%), Fiber: 1.57g (6.27%), Potassium: 213.94mg (6.11%), Vitamin B5: 0.47mg (4.67%), Vitamin B1: 0.07mg (4.42%), Phosphorus: 35.68mg (3.57%), Iron: 0.63mg (3.51%), Vitamin B2: 0.06mg (3.3%), Magnesium: 13mg (3.25%), Vitamin B3: 0.58mg (2.88%), Calcium: 25.57mg (2.56%), Copper: 0.04mg (1.99%), Selenium: 1.25µg (1.78%), Zinc: 0.25mg (1.65%), Vitamin E: 0.2mg (1.34%), Vitamin A: 57.4IU (1.15%)