



## Lemon-Baked Cauliflower

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



116 kcal

SIDE DISH

### Ingredients

- 0.3 cup butter softened
- 1 large head cauliflower cored
- 0.3 cup parsley fresh finely chopped
- 2 garlic cloves minced
- 0.1 teaspoon ground nutmeg
- 1 tablespoon lemon rind grated
- 0.3 teaspoon pepper
- 1 teaspoon salt

0.3 cup shallots finely chopped

## Equipment

baking sheet

oven

aluminum foil

## Directions

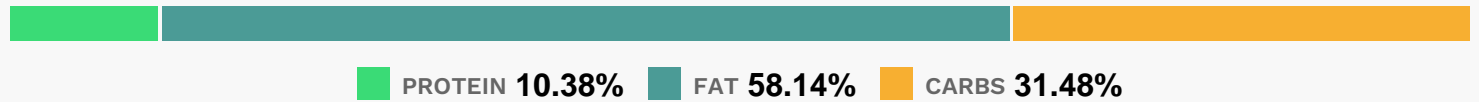
Stir together first 8 ingredients.

Place cauliflower on a large sheet of heavy-duty aluminum foil; spread butter mixture over cauliflower. Bring sides of foil to top; seal edges.

Place on a baking sheet.

Bake at 375 for 1 hour or until cauliflower is tender.

## Nutrition Facts



## Properties

Glycemic Index:46, Glycemic Load:2.01, Inflammation Score:-7, Nutrition Score:13.006086983111%

## Flavonoids

Apigenin: 5.43mg, Apigenin: 5.43mg, Apigenin: 5.43mg, Apigenin: 5.43mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

## Nutrients (% of daily need)

Calories: 115.57kcal (5.78%), Fat: 8.12g (12.49%), Saturated Fat: 5.06g (31.64%), Carbohydrates: 9.89g (3.3%), Net Carbohydrates: 6.44g (2.34%), Sugar: 3.8g (4.22%), Cholesterol: 20.34mg (6.78%), Sodium: 493.63mg (21.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.52%), Vitamin C: 73.46mg (89.04%), Vitamin K: 63.62µg (60.59%), Folate: 88.56µg (22.14%), Vitamin B6: 0.32mg (16%), Manganese: 0.29mg (14.45%), Potassium: 485.56mg (13.87%), Fiber: 3.46g (13.84%), Vitamin B5: 1mg (10.03%), Vitamin A: 448.58IU (8.97%), Phosphorus: 75.08mg (7.51%), Magnesium: 25.83mg (6.46%), Vitamin B1: 0.08mg (5.56%), Vitamin B2: 0.09mg (5.55%), Iron: 0.94mg (5.22%), Calcium: 45.22mg (4.52%), Vitamin B3: 0.79mg (3.93%), Copper: 0.08mg (3.78%), Zinc: 0.48mg (3.22%), Vitamin E: 0.36mg (2.4%), Selenium: 1.25µg (1.79%)