



 **42%**
HEALTH SCORE

Middle Eastern Roasted Cauliflower



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



107 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 6 cups cauliflower florets (1 medium head)
- 0.3 teaspoon curry powder
- 1 tablespoon parsley fresh chopped
- 0.1 teaspoon ground cinnamon
- 0.5 teaspoon ground cumin
- 1 tablespoon olive oil
- 0.5 cup canned tomatoes diced canned drained

- 0.3 cup raisins
- 0.5 teaspoon salt

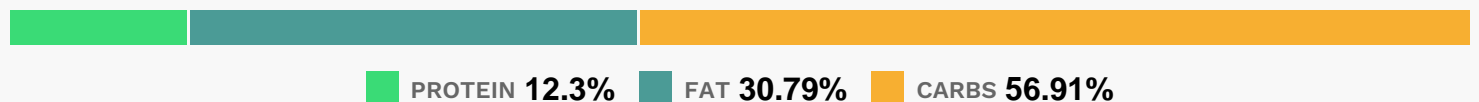
Equipment

- bowl
- frying pan
- oven
- aluminum foil

Directions

- Preheat oven to 50
- Combine first 7 ingredients in a large bowl; toss well.
- Place cauliflower on a foil-lined jelly-roll pan.
- Bake at 500 for 12 minutes or until lightly browned, stirring once after 5 minutes.
- Combine tomatoes, raisins, and parsley in a large bowl. Stir in cauliflower.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:51.95, Glycemic Load:5.91, Inflammation Score:-6, Nutrition Score:13.687826229178%

Flavonoids

Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 107.43kcal (5.37%), Fat: 4.14g (6.37%), Saturated Fat: 0.72g (4.49%), Carbohydrates: 17.23g (5.74%), Net Carbohydrates: 12.84g (4.67%), Sugar: 4.22g (4.69%), Cholesterol: 0mg (0%), Sodium: 379.32mg (16.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.45%), Vitamin C: 76.94mg (93.26%), Vitamin K: 43.93µg

(41.84%), Folate: 91.49µg (22.87%), Manganese: 0.37mg (18.54%), Potassium: 627.52mg (17.93%), Fiber: 4.39g (17.55%), Vitamin B6: 0.34mg (17.13%), Vitamin B5: 1.1mg (10.96%), Iron: 1.57mg (8.75%), Phosphorus: 85.18mg (8.52%), Magnesium: 33.47mg (8.37%), Copper: 0.15mg (7.48%), Vitamin B1: 0.11mg (7.39%), Vitamin B2: 0.12mg (7.34%), Vitamin E: 1.05mg (7%), Vitamin B3: 1.26mg (6.32%), Calcium: 52.08mg (5.21%), Zinc: 0.54mg (3.57%), Vitamin A: 155.24IU (3.1%), Selenium: 1.19µg (1.69%)