



Orecchiette with Indian-Spiced Cauliflower and Peas

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



472 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 cups canned tomatoes canned crushed (one 16-ounce can)
- 0.5 head cauliflower cut into small florets (4 cups)
- 0.3 cup cilantro leaves chopped
- 2 tablespoons cooking oil
- 2 cloves garlic chopped
- 1.3 teaspoons ground coriander
- 1.3 teaspoons ground cumin

- 1 onion cut into thin slices
- 0.8 pound orecchiette
- 1 cup petit peas frozen
- 1 teaspoon salt
- 0.5 cup water

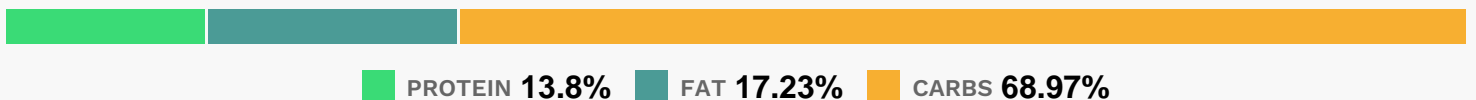
Equipment

- frying pan
- pot

Directions

- In a large frying pan, heat the oil over moderately low heat.
- Add the onion and cook until starting to soften, about 3 minutes. Stir in the garlic, cumin, and coriander and cook until fragrant, 2 minutes longer.
- Add the cauliflower to the onion mixture; stir to coat.
- Add the water, bring to a simmer, cover, and steam for 3 minutes. Stir in the tomatoes and salt. Reduce the heat and simmer, covered, for 10 minutes.
- Add the peas and cilantro and cook until the cauliflower is tender and the peas are hot, about 2 minutes longer.
- In a large pot of boiling, salted water, cook the orecchiette until just done, about 15 minutes.
- Drain and toss with the sauce.
- Wine Recommendation: Fragrant sauces work very nicely with fragrant wines such as gewrztraminers, which can come from either the Alsace region in France or from California. The Alsatian version often has more acidity.

Nutrition Facts



Properties

Glycemic Index:62.58, Glycemic Load:30.19, Inflammation Score:-8, Nutrition Score:24.998695663784%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.7mg, Quercetin: 6.7mg, Quercetin: 6.7mg, Quercetin: 6.7mg

Nutrients (% of daily need)

Calories: 471.53kcal (23.58%), Fat: 9.18g (14.12%), Saturated Fat: 0.94g (5.84%), Carbohydrates: 82.65g (27.55%), Net Carbohydrates: 73.83g (26.85%), Sugar: 10.9g (12.11%), Cholesterol: 0mg (0%), Sodium: 734.35mg (31.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.54g (33.08%), Selenium: 55.94µg (79.91%), Vitamin C: 60.54mg (73.38%), Manganese: 1.31mg (65.32%), Fiber: 8.81g (35.25%), Vitamin K: 34.32µg (32.68%), Phosphorus: 277.14mg (27.71%), Copper: 0.54mg (26.93%), Vitamin B6: 0.51mg (25.34%), Folate: 97.8µg (24.45%), Potassium: 831.24mg (23.75%), Magnesium: 94.1mg (23.53%), Iron: 3.75mg (20.83%), Vitamin B1: 0.3mg (19.93%), Vitamin B3: 3.78mg (18.88%), Vitamin E: 2.62mg (17.46%), Zinc: 2.22mg (14.82%), Vitamin B2: 0.2mg (12.02%), Vitamin B5: 1.19mg (11.86%), Vitamin A: 571.02IU (11.42%), Calcium: 95.02mg (9.5%)