



## Oven Roasted Cauliflower



Dairy Free



Popular

READY IN



50 min.

SERVINGS



4

CALORIES



144 kcal

SIDE DISH

### Ingredients

- ☐ 1 big cauliflower (cut into medium size florets)
- ☐ 1 Tablespoon cornflour
- ☐ 2 Tablespoons sambar powder
- ☐ 0.3 cup oil
- ☐ 1 Teaspoon chili powder (red)
- ☐ 0.3 Teaspoon turmeric powder

### Equipment

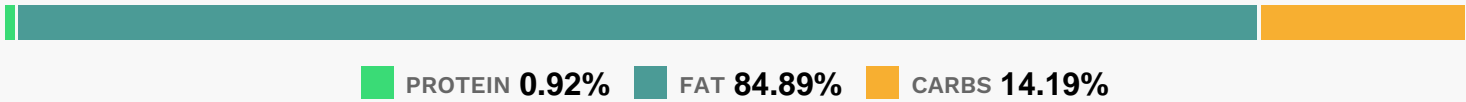
- ☐ baking sheet

- ☐ oven
- ☐ whisk
- ☐ mixing bowl

## Directions

- ☐ Cut the cauliflower into medium size florets and clean it by soaking in a mixture of warm water and salt.In a large mixing bowl combine all the other ingredients and whisk it.Now add the cauliflower florets little by little and toss it well to coat thoroughly with the mixture.
- ☐ Spread it evenly on a greased baking sheet.Preheat the oven at 425F for 15 minutes.Roast the cauliflower for 25 minutes, tossing it once around 15 minutes.To get a crispy texture, turn the oven switch to broil mode for 3-5 minutes, again tossing once in the middle. While doing this make sure that you keep the oven door open and keep your kids out of the kitchen.

## Nutrition Facts



## Properties

Glycemic Index:34.75, Glycemic Load:2.12, Inflammation Score:-7, Nutrition Score:4.1008695788358%

## Nutrients (% of daily need)

Calories: 143.83kcal (7.19%), Fat: 14.11g (21.72%), Saturated Fat: 1.05g (6.58%), Carbohydrates: 5.31g (1.77%), Net Carbohydrates: 5.02g (1.82%), Sugar: 0.09g (0.1%), Cholesterol: 0mg (0%), Sodium: 644.55mg (28.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.69%), Calcium: 354.9mg (35.49%), Vitamin E: 2.65mg (17.65%), Phosphorus: 137.34mg (13.73%), Vitamin K: 10.53µg (10.03%), Iron: 0.83mg (4.64%), Vitamin A: 148.25IU (2.96%), Selenium: 1.44µg (2.06%), Manganese: 0.04mg (1.92%), Fiber: 0.29g (1.18%)