



Parmesan-Roasted Cauliflower

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



194 kcal

SIDE DISH

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 1 head cauliflower
- ☐ 4 garlic clove unpeeled
- ☐ 4 servings kosher salt
- ☐ 3 tablespoons olive oil
- ☐ 1 medium onion sliced
- ☐ 0.5 cup parmesan grated
- ☐ 4 thyme sprigs

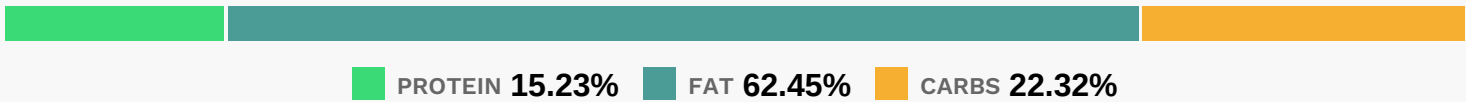
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 425°F.
- ☐ Cut 1 head cauliflower into florets; toss on a large rimmed baking sheet with 1 sliced medium onion, 4 thyme sprigs, 4 unpeeled garlic cloves, and 3 tablespoons olive oil; season with kosher salt and freshly ground black pepper. Roast, tossing occasionally, until almost tender, 35–40 minutes.
- ☐ Sprinkle with 1/2 cup grated Parmesan, toss to combine, and roast until cauliflower is tender, 10–12 minutes longer.

Nutrition Facts



Properties

Glycemic Index:48.25, Glycemic Load:2.38, Inflammation Score:-8, Nutrition Score:13.703043363664%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.41mg, Quercetin: 6.41mg, Quercetin: 6.41mg, Quercetin: 6.41mg

Nutrients (% of daily need)

Calories: 194.49kcal (9.72%), Fat: 14.19g (21.84%), Saturated Fat: 3.71g (23.17%), Carbohydrates: 11.42g (3.81%), Net Carbohydrates: 7.85g (2.85%), Sugar: 4.04g (4.49%), Cholesterol: 8.5mg (2.83%), Sodium: 439.1mg (19.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.79g (15.58%), Vitamin C: 73.86mg (89.53%), Vitamin K: 29.14µg (27.75%), Folate: 88.59µg (22.15%), Calcium: 196.1mg (19.61%), Vitamin B6: 0.35mg (17.49%), Manganese: 0.34mg (17.07%), Phosphorus: 163.78mg (16.38%), Potassium: 501.06mg (14.32%), Fiber: 3.57g (14.28%), Vitamin E: 1.66mg (11.09%), Vitamin B5: 1.07mg (10.73%), Vitamin B2: 0.14mg (8.43%), Magnesium: 32.34mg (8.08%), Vitamin B1: 0.1mg (6.4%), Selenium: 4.24µg (6.06%), Iron: 1.06mg (5.89%), Zinc: 0.83mg (5.55%), Copper: 0.09mg (4.34%), Vitamin B3: 0.83mg (4.17%), Vitamin A: 146.5IU (2.93%), Vitamin B12: 0.15µg (2.5%)