



 **18%**
HEALTH SCORE

Pasta with Garlic, Scallions, Cauliflower & Breadcrumbs

READY IN



45 min.

SERVINGS



2

CALORIES



543 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

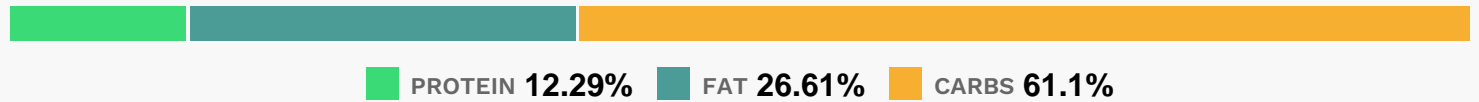
Ingredients

- 1 tbsp butter
- 2 cups cauliflower florets frozen thawed cut into bite-sized pieces
- 2 tbsp pecorino cheese grated (I used romano)
- 1 tbsp olive oil extra virgin
- 5 cloves garlic
- 6 ounces pasta (I used linguine)
- 2 pinches pepper red
- 2 servings salt and pepper to taste

- 3 spring onion white green separated chopped
- 2 tbsp wine
- 0.3 cup bread crumbs whole wheat (I used panko)

Equipment

Nutrition Facts



Properties

Glycemic Index:114, Glycemic Load:27.56, Inflammation Score:-7, Nutrition Score:22.085652173913%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

Taste

Sweetness: 84.46%, Saltiness: 53.69%, Sourness: 74.26%, Bitterness: 100%, Savoriness: 81.55%, Fattiness: 86.28%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 543.36kcal (27.17%), Fat: 16.2g (24.93%), Saturated Fat: 5.85g (36.57%), Carbohydrates: 83.7g (27.9%), Net Carbohydrates: 76.97g (27.99%), Sugar: 5.32g (5.91%), Cholesterol: 20.47mg (6.82%), Sodium: 413.23mg (17.97%), Alcohol: 1.55g (8.58%), Protein: 16.84g (33.68%), Selenium: 56.36µg (80.51%), Vitamin C: 56.62mg (68.64%), Manganese: 1.11mg (55.49%), Vitamin K: 57.96µg (55.2%), Fiber: 6.73g (26.92%), Phosphorus: 265.58mg (26.56%), Folate: 84.79µg (21.2%), Vitamin B6: 0.42mg (21.14%), Magnesium: 69.4mg (17.35%), Potassium: 587.13mg (16.78%), Iron: 3mg (16.68%), Copper: 0.33mg (16.27%), Calcium: 123.17mg (12.32%), Zinc: 1.78mg (11.9%), Vitamin B5: 1.13mg (11.28%), Vitamin B3: 2.13mg (10.67%), Vitamin B1: 0.15mg (10.31%), Vitamin E: 1.5mg (10.01%), Vitamin B2: 0.16mg (9.28%), Vitamin A: 407.96IU (8.16%), Vitamin B12: 0.07µg (1.13%)