



Peppered Cauliflower



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



55 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 cups cauliflower florets
- ☐ 2 garlic cloves minced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 cup tomatoes chopped
- ☐ 1 tablespoon vegetable oil

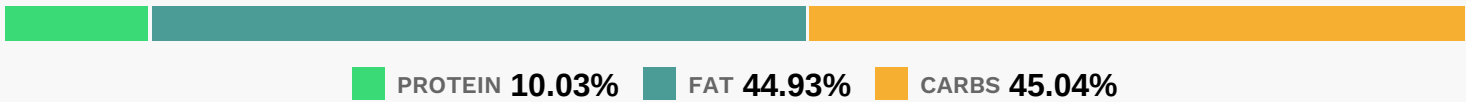
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a medium nonstick skillet over medium-high heat.
- ☐ Add onion and garlic; saut for 5 minutes or until lightly browned.
- ☐ Add the tomato, salt, and peppers; saut 2 minutes.
- ☐ Add cauliflower. Cover, reduce heat, and simmer for 12 minutes or until tender.

Nutrition Facts



Properties

Glycemic Index:38.2, Glycemic Load:1.48, Inflammation Score:-5, Nutrition Score:5.2121739102447%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg

Nutrients (% of daily need)

Calories: 54.57kcal (2.73%), Fat: 2.95g (4.54%), Saturated Fat: 0.49g (3.09%), Carbohydrates: 6.65g (2.22%), Net Carbohydrates: 4.87g (1.77%), Sugar: 2.93g (3.25%), Cholesterol: 0mg (0%), Sodium: 131.3mg (5.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.96%), Vitamin C: 26.18mg (31.74%), Vitamin K: 13.95µg (13.28%), Manganese: 0.17mg (8.62%), Folate: 33.51µg (8.38%), Vitamin B6: 0.15mg (7.67%), Fiber: 1.78g (7.12%), Potassium: 245.13mg (7%), Vitamin A: 291.14IU (5.82%), Phosphorus: 36.32mg (3.63%), Vitamin B5: 0.34mg (3.41%), Magnesium: 13.1mg (3.28%), Vitamin B1: 0.05mg (3.24%), Vitamin E: 0.45mg (3.02%), Copper: 0.05mg (2.55%), Vitamin B2: 0.04mg (2.4%), Calcium: 21.98mg (2.2%), Vitamin B3: 0.44mg (2.18%), Iron: 0.36mg (1.97%), Zinc: 0.23mg (1.54%)