



Pesto-Tossed Cauliflower

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



62 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 4 cups cauliflower florets
- 2.5 tablespoons commercial pesto
- 0.3 teaspoon salt
- 0.5 cup water

Equipment

- bowl
- plastic wrap

microwave

Directions

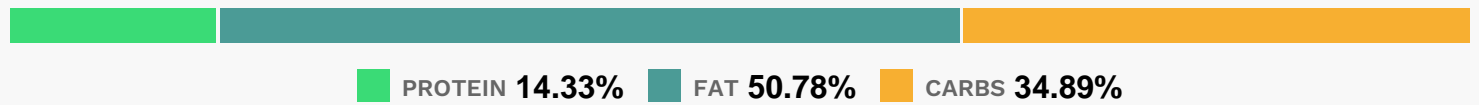
Place cauliflower in a microwave-safe bowl; pour water over cauliflower. Cover with plastic wrap; vent. Microwave at HIGH 6 minutes or until done.

Drain cauliflower, and return to dish.

Add pesto, salt, and pepper; toss well. Cover; microwave at HIGH 1 minute or until hot.

carbo rating: 3

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.97, Inflammation Score:-4, Nutrition Score:7.0886955701787%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 61.6kcal (3.08%), Fat: 3.75g (5.77%), Saturated Fat: 0.73g (4.57%), Carbohydrates: 5.8g (1.93%), Net Carbohydrates: 3.62g (1.32%), Sugar: 2.21g (2.46%), Cholesterol: 0.75mg (0.25%), Sodium: 264.5mg (11.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.77%), Vitamin C: 48.2mg (58.42%), Vitamin K: 15.7µg (14.96%), Folate: 57.02µg (14.26%), Vitamin B6: 0.18mg (9.22%), Fiber: 2.18g (8.73%), Potassium: 300.69mg (8.59%), Manganese: 0.17mg (8.57%), Vitamin B5: 0.67mg (6.69%), Phosphorus: 44.2mg (4.42%), Magnesium: 15.51mg (3.88%), Calcium: 38.62mg (3.86%), Vitamin A: 189.68IU (3.79%), Vitamin B2: 0.06mg (3.54%), Vitamin B1: 0.05mg (3.34%), Iron: 0.49mg (2.71%), Vitamin B3: 0.51mg (2.54%), Copper: 0.05mg (2.28%), Zinc: 0.27mg (1.83%)