



Roasted and Pureed Cauliflower

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



137 kcal

SIDE DISH

Ingredients

- 2 heads cauliflower cut into florets
- 0.5 bunch chives minced for garnish
- 1 tablespoon olive oil
- 1 teaspoon salt
- 1 tablespoon butter unsalted
- 4 cups milk whole

Equipment

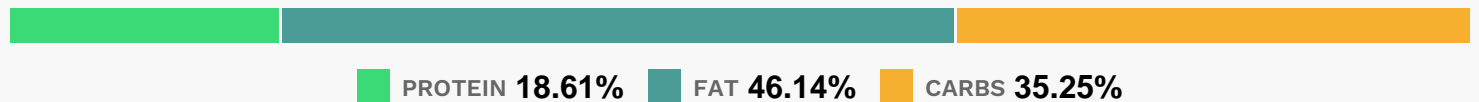
- bowl

- sauce pan
- oven
- blender

Directions

- Watch how to make this recipe.
- Preheat oven to 350 degrees F.
- On a sheet tray, spread 1/4 of the florets with the oil, season with salt and bake until caramelized, about 25 minutes. Meanwhile, combine remaining cauliflower, milk and half a teaspoon of salt in a medium saucepan over medium heat. Bring mixture to a simmer, cover, and cook until cauliflower is tender, about 20 to 25 minutes. Strain cauliflower from milk mixture, reserving both.
- Transfer cauliflower to a blender.
- Add remaining 1/2 teaspoon of salt and butter to the blender.
- Add half of the reserved milk liquid. Secure top on blender and puree mixture until smooth. If mixture is too thick, thin by adding some of the remaining liquid. Season, to taste.
- Serve in a large serving bowl topped with caramelized florets and chives.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:3.53, Inflammation Score:-6, Nutrition Score:13.893043725387%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 137.23kcal (6.86%), Fat: 7.48g (11.5%), Saturated Fat: 3.6g (22.48%), Carbohydrates: 12.85g (4.28%), Net Carbohydrates: 9.97g (3.63%), Sugar: 8.62g (9.58%), Cholesterol: 18.4mg (6.13%), Sodium: 380.4mg (16.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.78g (13.57%), Vitamin C: 69.43mg (84.16%), Vitamin K:

24.36µg (23.2%), Folate: 82.25µg (20.56%), Phosphorus: 187.04mg (18.7%), Calcium: 182.53mg (18.25%), Potassium: 614.05mg (17.54%), Vitamin B6: 0.34mg (16.97%), Vitamin B2: 0.26mg (15.03%), Vitamin B5: 1.42mg (14.17%), Fiber: 2.88g (11.52%), Manganese: 0.23mg (11.47%), Vitamin B12: 0.66µg (11.03%), Vitamin B1: 0.14mg (9.37%), Vitamin D: 1.37µg (9.12%), Magnesium: 36.35mg (9.09%), Zinc: 0.89mg (5.95%), Vitamin A: 252.26IU (5.05%), Selenium: 3.2µg (4.57%), Vitamin B3: 0.86mg (4.3%), Iron: 0.62mg (3.45%), Vitamin E: 0.47mg (3.13%), Copper: 0.06mg (2.91%)