



Roasted Broccoli and Cauliflower

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



70 kcal

SIDE DISH

Ingredients

- ☐ 2 cups broccoli flowerets
- ☐ 2 cups cauliflower flowerets
- ☐ 5 garlic cloves peeled halved
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon parmesan cheese grated
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 teaspoon salt

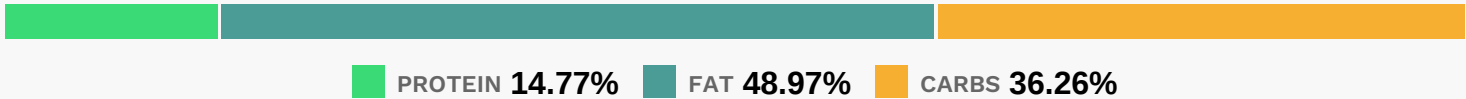
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Place first 3 ingredients in a baking pan.
- ☐ Drizzle with oil, and toss.
- ☐ Bake at 450, stirring occasionally, 20 to 25 minutes or until lightly browned.
- ☐ Sprinkle with salt, pepper, and cheese, tossing to coat.
- ☐ Prep: 10 min.,
- ☐ Bake: 25 min.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:1.42, Inflammation Score:-6, Nutrition Score:10.722173704077%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 3.64mg, Kaempferol: 3.64mg, Kaempferol: 3.64mg, Kaempferol: 3.64mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 69.88kcal (3.49%), Fat: 4.18g (6.43%), Saturated Fat: 0.8g (4.99%), Carbohydrates: 6.96g (2.32%), Net Carbohydrates: 4.68g (1.7%), Sugar: 1.74g (1.94%), Cholesterol: 1.09mg (0.36%), Sodium: 633.52mg (27.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.67%), Vitamin C: 64.52mg (78.2%), Vitamin K: 55.23µg (52.6%), Folate: 56.45µg (14.11%), Manganese: 0.27mg (13.35%), Vitamin B6: 0.22mg (10.86%), Fiber: 2.29g (9.14%), Potassium: 309.36mg (8.84%), Phosphorus: 65.1mg (6.51%), Vitamin B5: 0.62mg (6.16%), Vitamin E: 0.9mg (5.99%), Vitamin A: 286.64IU (5.73%), Vitamin B2: 0.09mg (5.32%), Calcium: 51.02mg (5.1%), Magnesium: 18.56mg (4.64%), Vitamin B1: 0.06mg (4.29%), Iron: 0.65mg (3.61%), Selenium: 2.38µg (3.41%), Copper: 0.06mg (2.83%), Vitamin B3: 0.56mg (2.82%), Zinc: 0.42mg (2.78%)