



HEALTH SCORE

100%

Roasted Broccoli and Cauliflower with Lemon and Garlic



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



209 kcal

SIDE DISH

Ingredients

- 1 pound broccoli peeled thinly sliced
- 2 pounds cauliflower
- 3 tablespoons olive oil
- 4 garlic clove thinly sliced
- 2 optional: lemon thinly sliced
- 1 serving coarse mustard

Equipment

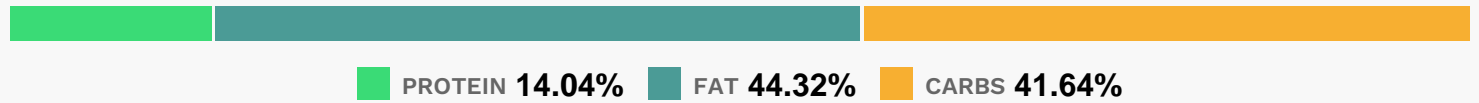
baking sheet

oven

Directions

Preheat oven to 475 degrees. On two rimmed baking sheets, toss broccoli and cauliflower with oil, garlic, and lemons; season with salt and pepper. Roast until vegetables are browned and tender, 25 to 30 minutes, rotating sheets from top to bottom and tossing vegetables once halfway through.

Nutrition Facts



Properties

Glycemic Index:37.88, Glycemic Load:4.8, Inflammation Score:-9, Nutrition Score:24.699565224026%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 2.15mg, Luteolin: 2.15mg, Luteolin: 2.15mg, Luteolin: 2.15mg Kaempferol: 9.73mg, Kaempferol: 9.73mg, Kaempferol: 9.73mg, Kaempferol: 9.73mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 208.97kcal (10.45%), Fat: 11.77g (18.11%), Saturated Fat: 1.9g (11.87%), Carbohydrates: 24.89g (8.3%), Net Carbohydrates: 15.78g (5.74%), Sugar: 7.66g (8.51%), Cholesterol: 0mg (0%), Sodium: 121.01mg (5.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.39g (16.78%), Vitamin C: 240.03mg (290.94%), Vitamin K: 157.21µg (149.72%), Folate: 206.83µg (51.71%), Fiber: 9.11g (36.45%), Vitamin B6: 0.7mg (34.85%), Manganese: 0.66mg (33.06%), Potassium: 1124.99mg (32.14%), Vitamin B5: 2.29mg (22.87%), Phosphorus: 189.21mg (18.92%), Vitamin E: 2.67mg (17.77%), Vitamin B2: 0.28mg (16.69%), Magnesium: 63.5mg (15.88%), Vitamin B1: 0.22mg (14.92%), Vitamin A: 719.51IU (14.39%), Iron: 2.23mg (12.41%), Calcium: 123.55mg (12.36%), Vitamin B3: 1.96mg (9.78%), Copper: 0.17mg (8.69%), Zinc: 1.15mg (7.68%), Selenium: 5.26µg (7.52%)