



Roasted Cauliflower



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



91 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 pounds cauliflower florets
- ☐ 1 tablespoon dijon mustard
- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 5 garlic cloves halved
- ☐ 2 teaspoons olive oil
- ☐ 2 medium onions quartered
- ☐ 0.5 teaspoon salt

☐ 1 tablespoon water

Equipment

☐ frying pan

☐ oven

☐ roasting pan

Directions

☐ Preheat oven to 50

☐ Heat oil in a large skillet over medium heat.

☐ Add onions and garlic; cook 5 minutes or until browned, stirring frequently.

☐ Remove from heat.

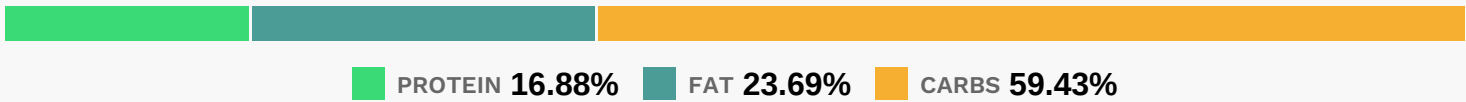
☐ Place onion mixture and cauliflower in a roasting pan coated with cooking spray.

☐ Combine water and mustard; pour over vegetable mixture. Toss to coat; sprinkle with salt and pepper.

☐ Bake at 500 for 20 minutes or until golden brown, stirring occasionally.

☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:46.25, Glycemic Load:3.14, Inflammation Score:-7, Nutrition Score:14.414782565573%

Flavonoids

Apigenin: 2.21mg, Apigenin: 2.21mg, Apigenin: 2.21mg, Apigenin: 2.21mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 12.15mg, Quercetin: 12.15mg, Quercetin: 12.15mg, Quercetin: 12.15mg

Nutrients (% of daily need)

Calories: 90.75kcal (4.54%), Fat: 2.69g (4.14%), Saturated Fat: 0.54g (3.35%), Carbohydrates: 15.17g (5.06%), Net Carbohydrates: 10.53g (3.83%), Sugar: 5.68g (6.31%), Cholesterol: 0mg (0%), Sodium: 386.61mg (16.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.62%), Vitamin C: 88.57mg (107.36%), Vitamin K: 44.51µg (42.39%), Folate: 109.32µg (27.33%), Manganese: 0.43mg (21.56%), Vitamin B6: 0.43mg (21.47%), Fiber: 4.64g (18.57%), Potassium: 616.83mg (17.62%), Vitamin B5: 1.24mg (12.42%), Phosphorus: 101.36mg (10.14%), Magnesium: 34.51mg (8.63%), Vitamin B1: 0.13mg (8.4%), Vitamin B2: 0.12mg (7.34%), Calcium: 61.47mg (6.15%), Iron: 1.04mg (5.78%), Copper: 0.11mg (5.29%), Vitamin B3: 0.99mg (4.94%), Selenium: 3.11µg (4.44%), Zinc: 0.63mg (4.22%), Vitamin E: 0.46mg (3.07%), Vitamin A: 89.02IU (1.78%)