



Roasted Cauliflower



Vegetarian



Gluten Free

READY IN



85 min.

SERVINGS



8

CALORIES



78 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 1 large head cauliflower trimmed
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 1 clove garlic minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.3 teaspoon salt

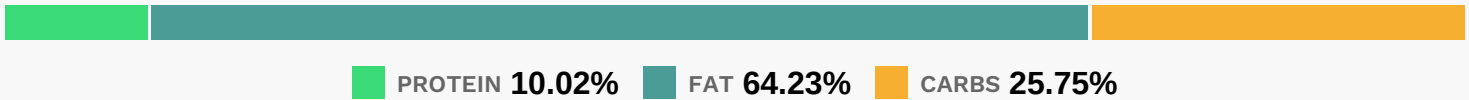
Equipment

- ☐ bowl
- ☐ oven
- ☐ casserole dish
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mix butter, dill, garlic, lemon zest, cumin, salt, and ground black pepper in a bowl.
- ☐ Cut cauliflower stem flush with the rest of the head so it can stay upright in a casserole dish.
- ☐ Spread butter mixture evenly over the top and sides of cauliflower, place in a casserole dish, and cover with foil.
- ☐ Roast in the preheated oven until tender and cooked through, about 1 1/4 hours.
- ☐ Transfer to a platter and spoon any liquid in the casserole dish over the cauliflower.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:1.05, Inflammation Score:-4, Nutrition Score:7.5260869348827%

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 Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 78.44kcal (3.92%), Fat: 6.08g (9.35%), Saturated Fat: 3.79g (23.66%), Carbohydrates: 5.49g (1.83%), Net Carbohydrates: 3.32g (1.21%), Sugar: 2.03g (2.25%), Cholesterol: 15.25mg (5.08%), Sodium: 150.12mg (6.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.27%), Vitamin C: 51.1mg (61.94%), Vitamin K: 16.89µg

(16.08%), Folate: 60.2µg (15.05%), Vitamin B6: 0.2mg (9.97%), Potassium: 321.01mg (9.17%), Manganese: 0.18mg (9.1%), Fiber: 2.16g (8.66%), Vitamin B5: 0.71mg (7.12%), Phosphorus: 49.26mg (4.93%), Magnesium: 16.62mg (4.15%), Vitamin B2: 0.07mg (3.92%), Vitamin A: 183.22IU (3.66%), Vitamin B1: 0.05mg (3.64%), Iron: 0.54mg (3.02%), Calcium: 27.41mg (2.74%), Vitamin B3: 0.55mg (2.73%), Copper: 0.04mg (2.22%), Zinc: 0.3mg (2.01%), Vitamin E: 0.25mg (1.7%), Selenium: 0.77µg (1.09%)