



Roasted Cauliflower



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



12

CALORIES



77 kcal

SIDE DISH

Ingredients

- ☐ 2 heads cauliflower cut into florets
- ☐ 1 tablespoon dijon mustard
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 leeks white green thinly sliced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil
- ☐ 1 bell pepper red thinly sliced
- ☐ 0.5 teaspoon salt

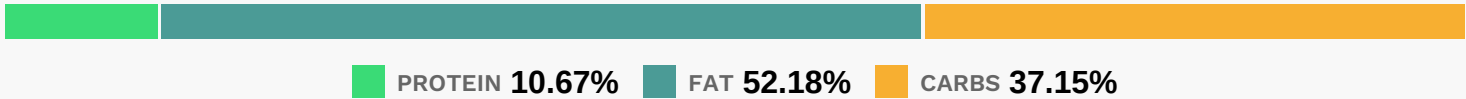
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 400 degrees F. Line a rimmed baking sheet with aluminum foil.
- ☐ Place the cauliflower, leeks, and red pepper on the prepared baking sheet.
- ☐ In a small bowl, combine the olive oil, lemon juice, Dijon mustard, thyme, and salt.
- ☐ Add to cauliflower mixture, tossing gently to coat.
- ☐ Bake until the cauliflower is tender, 35 to 45 minutes, stirring occasionally.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:14.42, Glycemic Load:1.66, Inflammation Score:-8, Nutrition Score:9.7826085038807%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 77.27kcal (3.86%), Fat: 4.9g (7.54%), Saturated Fat: 0.76g (4.78%), Carbohydrates: 7.85g (2.62%), Net Carbohydrates: 5.31g (1.93%), Sugar: 2.91g (3.23%), Cholesterol: 0mg (0%), Sodium: 142.93mg (6.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.51%), Vitamin C: 62.57mg (75.84%), Vitamin K: 25.04µg (23.85%),

Folate: 69.53µg (17.38%), Manganese: 0.25mg (12.34%), Vitamin B6: 0.24mg (12.19%), Vitamin A: 586.51IU (11.73%),
Fiber: 2.53g (10.14%), Potassium: 342.23mg (9.78%), Vitamin B5: 0.7mg (7.01%), Vitamin E: 1.03mg (6.84%),
Magnesium: 21.4mg (5.35%), Phosphorus: 52.1mg (5.21%), Iron: 0.91mg (5.04%), Vitamin B2: 0.07mg (4.37%),
Vitamin B1: 0.07mg (4.36%), Calcium: 33.93mg (3.39%), Vitamin B3: 0.66mg (3.31%), Copper: 0.06mg (3.07%),
Zinc: 0.32mg (2.14%), Selenium: 1.16µg (1.66%)