



## Roasted Cauliflower

READY IN



55 min.

SERVINGS



8

CALORIES



168 kcal

SIDE DISH

## Ingredients

- ☐ 2 heads cauliflower
- ☐ 0.5 cup chicken broth canned
- ☐ 0.5 cup bread crumbs dry
- ☐ 1 tablespoon olive oil extra virgin plus more for drizzling cauliflower
- ☐ 6 garlic cloves sliced
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 1 teaspoon oregano dried
- ☐ 1 cup coarsely parmesan shredded
- ☐ 2 tablespoons parsley fresh italian chopped

☐ 0.5 cup white wine

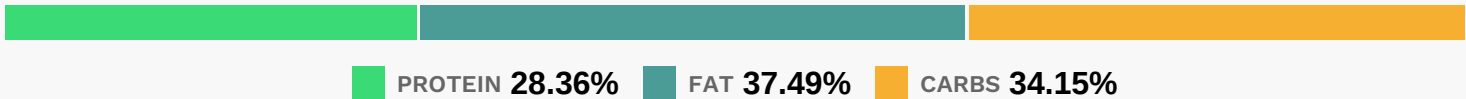
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Break apart the cauliflower into large florets and cut off the thicker stems. Set the cauliflower pieces stem side down in a 13 by 9-inch baking dish.
- ☐ Pour the wine and broth into the dish and drizzle olive oil over the cauliflower.
- ☐ Sprinkle with the oregano, and salt and pepper, to taste. Scatter the garlic over everything. Cover the pan with aluminum foil and bake until tender, about 30 minutes. The florets should fall apart if you poke them with your finger.
- ☐ Meanwhile, stir the bread crumbs, chopped parsley, and 1 tablespoon olive oil together in a small bowl. When the cauliflower is tender, sprinkle the bread crumb mix and the cheese over the florets and put the dish, uncovered, back in oven until the topping is browned, about 15 minutes.
- ☐ Serve hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:1.77, Inflammation Score:-7, Nutrition Score:15.06695631276%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin:

0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 167.7kcal (8.38%), Fat: 6.81g (10.48%), Saturated Fat: 2.86g (17.86%), Carbohydrates: 13.96g (4.65%), Net Carbohydrates: 10.56g (3.84%), Sugar: 3.45g (3.83%), Cholesterol: 14.91mg (4.97%), Sodium: 356.35mg (15.49%), Alcohol: 1.54g (100%), Alcohol %: 1% (100%), Protein: 11.59g (23.18%), Vitamin C: 71.33mg (86.45%), Vitamin K: 42.5µg (40.48%), Folate: 92.64µg (23.16%), Calcium: 205.03mg (20.5%), Phosphorus: 187.99mg (18.8%), Manganese: 0.37mg (18.47%), Vitamin B6: 0.35mg (17.38%), Potassium: 503.85mg (14.4%), Fiber: 3.39g (13.56%), Selenium: 8.09µg (11.55%), Vitamin B5: 1.08mg (10.81%), Vitamin B2: 0.17mg (10.29%), Vitamin B1: 0.15mg (9.91%), Magnesium: 35.81mg (8.95%), Zinc: 1.21mg (8.09%), Iron: 1.45mg (8.06%), Vitamin B3: 1.58mg (7.88%), Vitamin B12: 0.3µg (5.03%), Copper: 0.1mg (4.77%), Vitamin A: 209.55IU (4.19%), Vitamin E: 0.5mg (3.31%)