



Roasted Cauliflower



Gluten Free



Popular

READY IN



28 min.

SERVINGS



4

CALORIES



283 kcal

SIDE DISH

Ingredients

- ☐ 1 head cauliflower
- ☐ 4 servings coarse salt and pepper black freshly ground
- ☐ 2 cloves garlic minced peeled
- ☐ 4 servings lemon juice from half a lemon
- ☐ 4 servings olive oil
- ☐ 4 servings parmesan cheese

Equipment

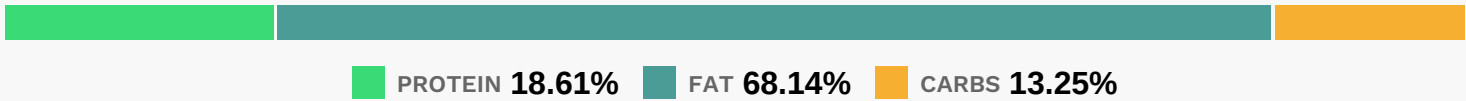
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 400°F.
- ☐ Cut cauliflower into florets and put in a single layer in an oven-proof baking dish. Toss in the garlic.
- ☐ Sprinkle lemon juice over cauliflower and drizzle each piece with olive oil.
- ☐ Sprinkle with salt and pepper. If the oven hasn't reached 400°F yet, set aside until it has. 2
- ☐ Place casserole in the hot oven, uncovered, for 25–30 minutes, or until the top is lightly brown. Test with a fork for desired doneness. Fork tines should be able to easily pierce the cauliflower.
- ☐ Remove from oven and sprinkle generously with Parmesan cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:1.78, Inflammation Score:-6, Nutrition Score:15.721304188604%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 283.08kcal (14.15%), Fat: 22.2g (34.15%), Saturated Fat: 7.05g (44.07%), Carbohydrates: 9.71g (3.24%), Net Carbohydrates: 6.73g (2.45%), Sugar: 3.38g (3.75%), Cholesterol: 20.4mg (6.8%), Sodium: 524.43mg (22.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.64g (27.29%), Vitamin C: 75.56mg (91.59%), Calcium: 391.02mg (39.1%), Vitamin K: 31.41µg (29.91%), Phosphorus: 275.1mg (27.51%), Folate: 87.1µg (21.77%), Vitamin B6: 0.32mg (15.88%), Vitamin E: 2.22mg (14.81%), Potassium: 480.35mg (13.72%), Manganese: 0.27mg (13.42%), Fiber: 2.98g (11.91%), Vitamin B5: 1.12mg (11.25%), Selenium: 7.85µg (11.21%), Vitamin B2: 0.19mg (11.17%), Magnesium:

36.21mg (9.05%), Zinc: 1.24mg (8.26%), Vitamin B1: 0.09mg (6.02%), Vitamin B12: 0.36µg (6%), Iron: 0.98mg (5.42%), Vitamin A: 235.88IU (4.72%), Vitamin B3: 0.84mg (4.18%), Copper: 0.07mg (3.69%)