



Roasted Cauliflower Alfredo with Peas



Gluten Free



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



216 kcal

SIDE DISH

Ingredients

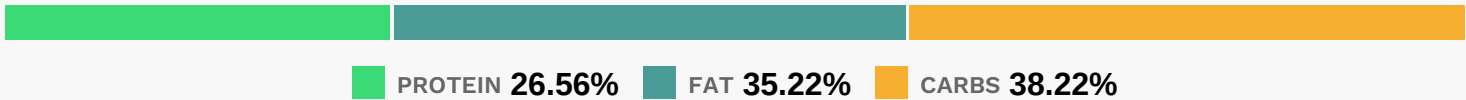
- ☐ 1 tbsp butter
- ☐ 1 large head cauliflower (or)
- ☐ 1 tbsp cornstarch
- ☐ 1 cup milk
- ☐ 0.5 cup nonfat greek yogurt
- ☐ 0.5 cup parmesan
- ☐ 1 cup peas frozen
- ☐ 4 servings pepper white black to taste

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Roasted Cauliflower Alfredo with Peas
- ☐ Ingredients1 large head of cauliflower – 3 lbs. (or 2 1/2 lbs. pre-cut florets)1 cup frozen peas1
tbsp butter1 tbsp cornstarch 1 cup milk1/2 cup parmesan cheese1/2 cup nonfat Greek yogurt
- ☐ Salt and white or black pepper to taste
- ☐ Total Time: 35 Minutes
- ☐ Servings: 4
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:55.83, Glycemic Load:4.6, Inflammation Score:-8, Nutrition Score:21.306956591813%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 216.04kcal (10.8%), Fat: 8.89g (13.68%), Saturated Fat: 5.34g (33.36%), Carbohydrates: 21.71g (7.24%), Net Carbohydrates: 15.4g (5.6%), Sugar: 9.92g (11.02%), Cholesterol: 24.7mg (8.23%), Sodium: 320.27mg (13.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.09g (30.17%), Vitamin C: 115.72mg (140.27%), Vitamin K: 42.35µg (40.33%), Folate: 146.01µg (36.5%), Phosphorus: 315.18mg (31.52%), Calcium: 307.38mg (30.74%), Vitamin B6: 0.51mg (25.63%), Fiber: 6.31g (25.24%), Manganese: 0.5mg (24.76%), Potassium: 856.84mg (24.48%), Vitamin B2: 0.37mg (21.83%), Vitamin B5: 1.81mg (18.11%), Vitamin B1: 0.25mg (16.42%), Magnesium: 59.33mg (14.83%), Selenium: 8.46µg (12.08%), Zinc: 1.75mg (11.66%), Vitamin A: 564.02IU (11.28%), Vitamin B12: 0.66µg (11.01%), Vitamin B3: 1.98mg (9.88%), Iron: 1.55mg (8.64%), Copper: 0.16mg (7.84%), Vitamin D: 0.73µg (4.89%), Vitamin E: 0.36mg

(2.39%)