



WHATSheATE



Roasted Cauliflower and Aged White Cheddar Dip



Vegetarian



Gluten Free



Popular

READY IN



55 min.

SERVINGS



4

CALORIES



252 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 small head cauliflower cut into florets
- ☐ 1 cup aged cheddar shredded white
- ☐ 1 clove garlic chopped
- ☐ 0.5 cup greek yogurt light sour
- ☐ 4 ounces cream cheese light room temperature
- ☐ 1 tablespoon oil
- ☐ 4 servings salt and pepper to taste

☐ 0.5 teaspoon thyme leaves chopped

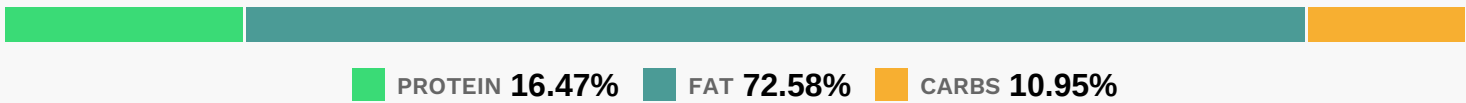
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ baking pan

Directions

- ☐ Toss the cauliflower in the oil with salt and pepper, arrange in a single layer on a baking sheet and roast in a preheated 400F oven until lightly golden brown, about 20–30 minutes, mixing half way through.Puree everything in a food processor and pour into a baking dish.
- ☐ Bake in a preheated 350F oven until the sides are bubbling and the top is lightly golden brown, about 20–30 minutes.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:0.58, Inflammation Score:-6, Nutrition Score:8.4560869880345%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 251.93kcal (12.6%), Fat: 20.59g (31.68%), Saturated Fat: 10.2g (63.77%), Carbohydrates: 6.99g (2.33%), Net Carbohydrates: 6.28g (2.28%), Sugar: 2.45g (2.72%), Cholesterol: 53.62mg (17.87%), Sodium: 514.27mg (22.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.51g (21.02%), Calcium: 292mg (29.2%), Phosphorus: 208.88mg (20.89%), Vitamin C: 16.86mg (20.44%), Selenium: 10.33µg (14.75%), Vitamin B2: 0.23mg (13.73%), Vitamin B12: 0.68µg (11.35%), Vitamin A: 545.8IU (10.92%), Zinc: 1.45mg (9.64%), Folate: 33.5µg (8.37%), Vitamin K: 8.78µg (8.36%), Potassium: 256.34mg (7.32%), Vitamin E: 1.01mg (6.76%), Vitamin B5: 0.58mg (5.83%), Vitamin B6: 0.11mg (5.46%), Magnesium: 18.33mg (4.58%), Manganese: 0.07mg (3.73%), Vitamin B1: 0.05mg

(3.28%), Fiber: 0.71g (2.85%), Vitamin D: 0.31µg (2.08%), Copper: 0.04mg (1.98%), Iron: 0.31mg (1.73%), Vitamin B3: 0.25mg (1.24%)