



Roasted Cauliflower and Labne Spread

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



142 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 large head cauliflower cut into small chunks (6 cups)
- ☐ 0.3 cup olive oil extra virgin
- ☐ 6 servings kosher salt
- ☐ 1 cup greek yogurt
- ☐ 1 tablespoon juice of lemon to taste
- ☐ 0.3 tablespoons olive oil
- ☐ 0.5 cup parsley roughly chopped
- ☐ 1 tablespoon sumac powder plus more for garnish

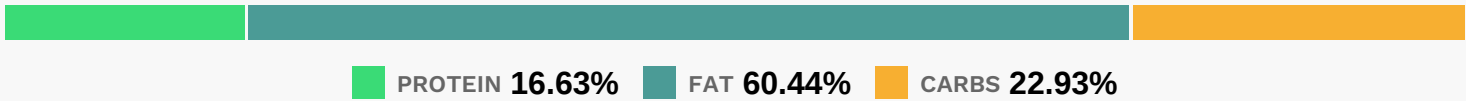
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ roasting pan

Directions

- ☐ Preheat oven to 450°F.
- ☐ Lay cauliflower in roasting pan and coat with olive oil and heavy pinch salt. Roast until edges are nutty brown and paring knife inserted into cauliflower offers no resistance, about 30 minutes.
- ☐ Transfer cauliflower and remaining oil in pan to food processor along with labne, extra virgin olive oil, lemon juice, and sumac. Pulse until purée forms, leaving some small chunks of cauliflower intact.
- ☐ Add parsley and pulse until integrated. Adjust seasoning with lemon, sumac, and salt.
- ☐ Spread can be served warm, room temperature, or chilled.
- ☐ Sprinkle on extra sumac just before serving.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:1.38, Inflammation Score:-7, Nutrition Score:15.793043385381%

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: 10.82mg, Apigenin: 10.82mg, Apigenin: 10.82mg, Apigenin: 10.82mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg

Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 142.4kcal (7.12%), Fat: 10.14g (15.61%), Saturated Fat: 1.55g (9.68%), Carbohydrates: 8.66g (2.89%), Net Carbohydrates: 5.69g (2.07%), Sugar: 3.87g (4.3%), Cholesterol: 1.67mg (0.56%), Sodium: 250.81mg (10.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.28g (12.56%), Vitamin K: 109.47µg (104.26%), Vitamin C: 75.1mg (91.03%), Folate: 90.23µg (22.56%), Vitamin B6: 0.28mg (14.23%), Potassium: 496.01mg (14.17%), Fiber: 2.97g (11.89%), Manganese: 0.23mg (11.44%), Phosphorus: 110.03mg (11%), Vitamin B2: 0.18mg (10.76%), Vitamin B5: 1.07mg (10.67%), Vitamin E: 1.54mg (10.24%), Vitamin A: 422.68IU (8.45%), Calcium: 75.07mg (7.51%), Magnesium: 27.32mg (6.83%), Selenium: 4.15µg (5.93%), Vitamin B1: 0.08mg (5.48%), Iron: 0.98mg (5.44%), Vitamin B3: 0.85mg (4.24%), Zinc: 0.61mg (4.07%), Vitamin B12: 0.23µg (3.89%), Copper: 0.07mg (3.41%)