



HEALTH SCORE

81%

Roasted Cauliflower and Shallots with Chard and Dukkah



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



8

CALORIES



199 kcal

SIDE DISH

Ingredients

- ☐ 15 oz chickpeas rinsed drained canned
- ☐ 2.8 lbs cauliflower cored cut into florets 1 1/2 in. wide
- ☐ 0.8 tsp kosher salt
- ☐ 5 tablespoons olive oil extra-virgin divided
- ☐ 0.8 pound shallots whole peeled cut in half if large
- ☐ 0.5 pound swiss chard sliced chopped
- ☐ 0.5 cup dukkah

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Equipment

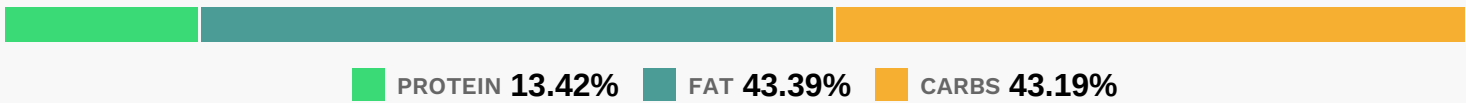
☐ oven

☐ roasting pan

Directions

- ☐ Preheat oven to 42
- ☐ In a roasting pan, toss cauliflower and shallots with 3 tbsp. oil and 3/4 tsp. salt. Roast, stirring occasionally, until light golden, about 20 minutes.
- ☐ Add chard stems and ribs, toss to coat, and roast until vegetables are very tender, 7 to 10 minutes more.
- ☐ Stir in chard leaves, chickpeas, dukkah, and remaining 2 tbsp. oil. Roast until chard is wilted and tender, about 8 minutes. Stir; season to taste with more salt and dukkah.

Nutrition Facts



Properties

Glycemic Index:16.79, Glycemic Load:5.36, Inflammation Score:-9, Nutrition Score:22.730434801268%

Flavonoids

Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 2.21mg, Kaempferol: 2.21mg, Kaempferol: 2.21mg, Kaempferol: 2.21mg Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 199.11kcal (9.96%), Fat: 10.32g (15.88%), Saturated Fat: 1.53g (9.59%), Carbohydrates: 23.12g (7.71%), Net Carbohydrates: 15.85g (5.76%), Sugar: 6.64g (7.37%), Cholesterol: 0mg (0%), Sodium: 478.22mg (20.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.18g (14.36%), Vitamin K: 265.08µg (252.45%), Vitamin C: 87.11mg (105.59%), Manganese: 0.9mg (45.25%), Vitamin B6: 0.71mg (35.65%), Vitamin A: 1743.53IU (34.87%), Folate: 120.59µg (30.15%), Fiber: 7.27g (29.09%), Potassium: 792.36mg (22.64%), Magnesium: 69.64mg (17.41%), Phosphorus: 149.69mg (14.97%), Vitamin B5: 1.37mg (13.71%), Iron: 2.38mg (13.22%), Vitamin E: 1.94mg (12.92%),

Copper: 0.23mg (11.52%), Vitamin B1: 0.13mg (8.79%), Calcium: 83.32mg (8.33%), Vitamin B2: 0.14mg (7.97%), Zinc: 1.06mg (7.07%), Vitamin B3: 1.06mg (5.29%), Selenium: 2.76µg (3.95%)