



 **57%**
HEALTH SCORE

Roasted Cauliflower Bites

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



6

CALORIES



80 kcal

SIDE DISH

Ingredients

- 1 head cauliflower
- 0.3 teaspoon chipotle sauce
- 1 teaspoon chili powder
- 6 servings chipotle chili powder to taste
- 10 ounce canned tomatoes diced drained canned
- 0.5 teaspoon ground mustard dry
- 0.1 teaspoon garlic powder
- 0.1 teaspoon ground cumin

- 1 tablespoon juice of lemon
- 1 cup non-dairy milk plain sugar-free
- 0.3 cup nutritional yeast
- 0.1 teaspoon onion powder
- 2 tablespoons potato flour
- 0.5 teaspoon salt to taste (optional or)
- 0.5 teaspoon paprika smoked
- 0.3 cup sweet potatoes and into mashed

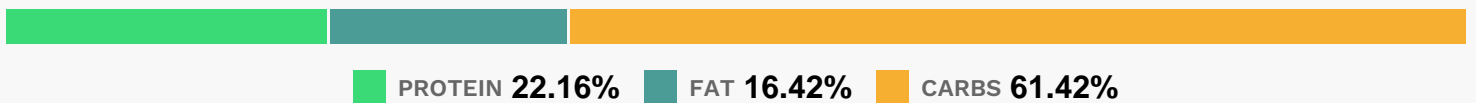
Equipment

- bowl
- baking sheet
- oven
- colander

Directions

- Cut the cauliflower into individual bite-sized florets. Try to keep them about the same size. Rinse them in a colander under running water. Shake off excess water but don't dry.
- Spread them out on the baking sheet.
- Combine all seasonings in a small bowl.
- Sprinkle over the cauliflower, turning the florets so that all sides are seasoned.
- Bake in preheated oven for 15 minutes; turn florets and bake another 15 minutes or until they are beginning to brown in spots.
- Remove and serve warm with nacho cheese or other dipping sauce.

Nutrition Facts



Properties

Glycemic Index:24.74, Glycemic Load:1.87, Inflammation Score:-8, Nutrition Score:13.87347827787%

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: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 80.48kcal (4.02%), Fat: 1.64g (2.53%), Saturated Fat: 0.29g (1.79%), Carbohydrates: 13.81g (4.6%), Net Carbohydrates: 9.51g (3.46%), Sugar: 4.63g (5.14%), Cholesterol: 0mg (0%), Sodium: 290.19mg (12.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.97%), Vitamin C: 54.66mg (66.26%), Vitamin A: 1770.71IU (35.41%), Vitamin B6: 0.41mg (20.41%), Folate: 73.83µg (18.46%), Vitamin K: 18.94µg (18.04%), Fiber: 4.3g (17.21%), Potassium: 567.91mg (16.23%), Vitamin E: 2.36mg (15.75%), Manganese: 0.26mg (12.87%), Vitamin B3: 2.54mg (12.71%), Vitamin B2: 0.19mg (11.27%), Calcium: 103.59mg (10.36%), Iron: 1.72mg (9.58%), Copper: 0.16mg (7.95%), Vitamin B5: 0.78mg (7.82%), Vitamin B1: 0.11mg (7.53%), Vitamin B12: 0.42µg (7.08%), Magnesium: 27.48mg (6.87%), Phosphorus: 67.93mg (6.79%), Zinc: 0.58mg (3.84%), Selenium: 2.45µg (3.5%), Vitamin D: 0.47µg (3.15%)