



Roasted Cauliflower & Chickpea Toss

 Gluten Free

READY IN



40 min.

SERVINGS



10

CALORIES



115 kcal

SIDE DISH

Ingredients

- 15 oz chickpeas rinsed canned (garbanzo beans)
- 7 cups cauliflower florets
- 0.5 tsp pepper red crushed
- 1 Tbsp cilantro leaves fresh chopped
- 6 cloves garlic sliced
- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 2 Tbsp olive oil
- 2 Tbsp parmesan cheese grated kraft

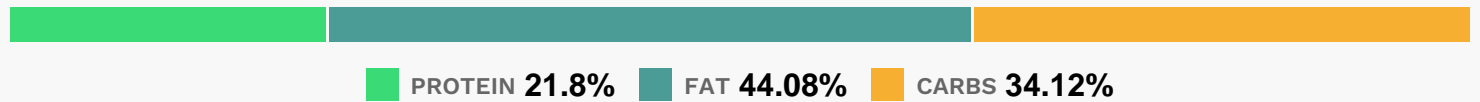
Equipment

- bowl
- baking sheet
- oven

Directions

- Heat oven to 400F.
- Spread cauliflower and chickpeas onto rimmed baking sheet; sprinkle with garlic and crushed pepper.
- Drizzle with oil.
- Bake 30 min.
- Transfer to serving bowl.
- Add cheeses and cilantro; mix lightly.

Nutrition Facts



Properties

Glycemic Index:13.43, Glycemic Load:2.39, Inflammation Score:-4, Nutrition Score:9.0886955986852%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 115.3kcal (5.77%), Fat: 5.91g (9.1%), Saturated Fat: 1.86g (11.6%), Carbohydrates: 10.3g (3.43%), Net Carbohydrates: 6.95g (2.53%), Sugar: 1.49g (1.66%), Cholesterol: 8.04mg (2.68%), Sodium: 228.07mg (9.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.58g (13.16%), Vitamin C: 34.36mg (41.64%), Manganese: 0.49mg (24.51%), Vitamin B6: 0.36mg (18.15%), Fiber: 3.34g (13.38%), Calcium: 130.35mg (13.04%), Folate: 51.71µg (12.93%), Phosphorus: 126.09mg (12.61%), Vitamin K: 12.99µg (12.37%), Potassium: 291.19mg (8.32%), Magnesium: 25.52mg (6.38%), Vitamin B5: 0.62mg (6.18%), Zinc: 0.86mg (5.73%), Vitamin B2: 0.09mg (5.22%), Copper: 0.1mg

(5.1%), Iron: 0.91mg (5.06%), Selenium: 3.51µg (5.01%), Vitamin B1: 0.05mg (3.65%), Vitamin E: 0.52mg (3.47%),
Vitamin B3: 0.45mg (2.24%), Vitamin A: 101.41IU (2.03%), Vitamin B12: 0.11µg (1.76%)