



Roasted Cauliflower Pasta

READY IN



35 min.

SERVINGS



4

CALORIES



530 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter
- 1.5 pound cauliflower trimmed cut into florets
- 0.5 teaspoon pepper red crushed
- 3 tablespoons parsley fresh coarsely chopped
- 5 garlic clove crushed
- 2 tablespoons olive oil
- 0.3 cup olives spanish sliced
- 1 ounce pecorino cheese fresh shaved
- 12 ounces penne pasta (tube-shaped uncooked)

- 0.4 teaspoon salt
- 2 medium shallots peeled cut into wedges

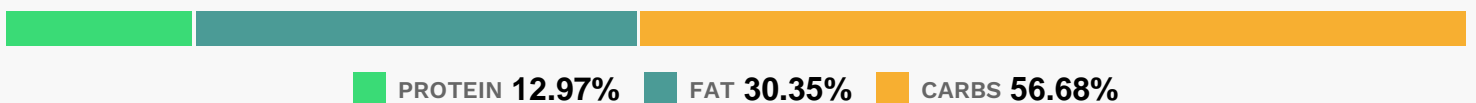
Equipment

- bowl
- frying pan
- oven
- sieve
- roasting pan

Directions

- Place a small heavy roasting pan in oven. Preheat oven to 450
- Remove preheated pan from oven.
- Add butter and oil to pan; swirl to coat.
- Add shallots and cauliflower to pan; toss to coat.
- Bake at 450 for 10 minutes.
- Add olives and next 3 ingredients (through garlic) to pan; toss to combine.
- Bake an additional 7 minutes or until cauliflower is tender and browned.
- Cook pasta in boiling water 7 minutes or until almost tender.
- Drain pasta through a sieve over a bowl, reserving 1/2 cup pasta cooking liquid. Return pasta to pan over medium-high heat.
- Add reserved cooking liquid and cauliflower mixture; toss. Cook 2 minutes or until pasta is al dente, stirring occasionally.
- Remove from heat; sprinkle with parsley, and garnish with shaved cheese.

Nutrition Facts



Properties

Glycemic Index:60.75, Glycemic Load:28.11, Inflammation Score:-8, Nutrition Score:26.705217516293%

Flavonoids

Apigenin: 6.52mg, Apigenin: 6.52mg, Apigenin: 6.52mg, Apigenin: 6.52mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 530.24kcal (26.51%), Fat: 18.16g (27.94%), Saturated Fat: 6.48g (40.49%), Carbohydrates: 76.31g (25.44%), Net Carbohydrates: 69.15g (25.15%), Sugar: 6.7g (7.45%), Cholesterol: 22.42mg (7.47%), Sodium: 587.76mg (25.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.46g (34.92%), Vitamin C: 88.15mg (106.85%), Selenium: 56.71µg (81.01%), Vitamin K: 81.1µg (77.23%), Manganese: 1.15mg (57.69%), Phosphorus: 307.31mg (30.73%), Folate: 122.3µg (30.58%), Fiber: 7.16g (28.64%), Vitamin B6: 0.54mg (27.05%), Potassium: 789.15mg (22.55%), Magnesium: 80.31mg (20.08%), Copper: 0.36mg (17.86%), Vitamin B5: 1.61mg (16.14%), Calcium: 154.8mg (15.48%), Iron: 2.42mg (13.42%), Zinc: 1.99mg (13.26%), Vitamin E: 1.97mg (13.14%), Vitamin B1: 0.19mg (12.34%), Vitamin B3: 2.46mg (12.31%), Vitamin A: 576.24IU (11.52%), Vitamin B2: 0.19mg (11.43%), Vitamin B12: 0.09µg (1.52%)