



## Roasted Cauliflower Salad with Olives

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



82 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 large head cauliflower cut into bite-sized florets ( 6 1/2 cups)
- 0.3 teaspoon pepper red crushed
- 1 tablespoon olive oil extravirgin
- 2 tablespoons parsley fresh coarsely chopped
- 1 garlic clove minced
- 0.3 cup kalamata olives pitted finely chopped
- 0.5 teaspoon salt
- 1 tablespoon citrus champagne vinegar

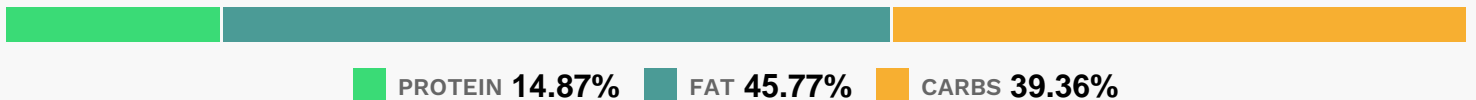
## Equipment

- bowl
- baking sheet
- oven
- whisk

## Directions

- Preheat oven to 45
- Place cauliflower on a baking sheet coated with cooking spray; lightly coat cauliflower with cooking spray.
- Bake at 450 for 20 minutes or until tender and lightly browned, stirring after 10 minutes.
- While cauliflower cooks, combine vinegar and next 4 ingredients in a large bowl; stir well with a whisk.
- Add cauliflower, olives, and parsley to dressing in bowl; toss gently to coat.
- Serve warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:18.8, Glycemic Load:1.67, Inflammation Score:-6, Nutrition Score:13.367826047151%

## Flavonoids

Apigenin: 3.5mg, Apigenin: 3.5mg, Apigenin: 3.5mg, Apigenin: 3.5mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

## Nutrients (% of daily need)

Calories: 82.12kcal (4.11%), Fat: 4.68g (7.2%), Saturated Fat: 0.79g (4.95%), Carbohydrates: 9.05g (3.02%), Net Carbohydrates: 5.3g (1.93%), Sugar: 3.28g (3.65%), Cholesterol: 0mg (0%), Sodium: 426.28mg (18.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.84%), Vitamin C: 83.31mg (100.98%), Vitamin K: 54.21µg

(51.63%), Folate: 98.51µg (24.63%), Vitamin B6: 0.32mg (16.14%), Fiber: 3.76g (15.03%), Potassium: 520.57mg (14.87%), Manganese: 0.28mg (13.83%), Vitamin B5: 1.13mg (11.33%), Phosphorus: 76.67mg (7.67%), Magnesium: 27.42mg (6.85%), Vitamin E: 0.93mg (6.21%), Vitamin B2: 0.1mg (6.15%), Vitamin B1: 0.09mg (5.91%), Iron: 0.91mg (5.04%), Calcium: 45.62mg (4.56%), Vitamin B3: 0.91mg (4.55%), Copper: 0.08mg (4.1%), Vitamin A: 199.86IU (4%), Zinc: 0.49mg (3.25%), Selenium: 1.2µg (1.71%)