



Roasted Cauliflower Satay with Spicy Peanut Dipping Sauce



Dairy Free



Popular

READY IN



70 min.

SERVINGS



2

CALORIES



315 kcal

SIDE DISH

Ingredients

- ☐ 1 birds eye chili sliced
- ☐ 2 tablespoons brown sugar
- ☐ 1 head cauliflower cut into florets
- ☐ 2 teaspoons coriander seeds toasted
- ☐ 2 teaspoons cumin seeds toasted
- ☐ 2 tablespoons fish sauce for vegetarian (or soy sauce)
- ☐ 1 tablespoon galangal grated (or ginger)

- ☐ 1 tablespoon garlic grated
- ☐ 1 juice of lime (juice and zest)
- ☐ 2 stalks lemongrass peeled chopped
- ☐ 1 tablespoon oil
- ☐ 0.3 cup satay sauce
- ☐ 1 shallots diced finely
- ☐ 0.3 teaspoon turmeric

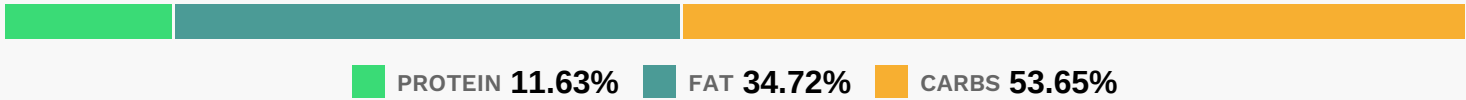
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Mix the coriander, cumin, turmeric, lemongrass, shallot, garlic, galangal, chili, lime, fish sauce sugar and oil and marinate the cauliflower in the mixture in the fridge for 30 minutes to over night.Arrange the cauliflower in a single layer on a baking sheet, and roast in a preheated 400F oven until lightly golden brown, about 20–30 minutes, flipping in the middle.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:3.65, Inflammation Score:-10, Nutrition Score:24.120434735132%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 314.94kcal (15.75%), Fat: 12.92g (19.88%), Saturated Fat: 0.97g (6.08%), Carbohydrates: 44.94g (14.98%), Net Carbohydrates: 37.53g (13.65%), Sugar: 24.41g (27.12%), Cholesterol: 0mg (0%), Sodium: 1927.76mg (83.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.74g (19.48%), Vitamin C: 150.08mg (181.91%), Manganese: 1.51mg (75.64%), Vitamin K: 50.17µg (47.78%), Folate: 190.94µg (47.73%), Vitamin B6: 0.73mg (36.65%), Potassium: 1183.73mg (33.82%), Fiber: 7.42g (29.67%), Magnesium: 104.31mg (26.08%), Iron: 4.67mg (25.92%), Vitamin B5: 2.04mg (20.42%), Phosphorus: 178.63mg (17.86%), Calcium: 138.19mg (13.82%), Vitamin B2: 0.23mg (13.32%), Vitamin B1: 0.19mg (12.93%), Copper: 0.23mg (11.73%), Vitamin B3: 2.29mg (11.44%), Vitamin E: 1.58mg (10.54%), Zinc: 1.46mg (9.76%), Selenium: 4.99µg (7.13%), Vitamin B12: 0.09µg (1.44%), Vitamin A: 54.51IU (1.09%)