



18%
HEALTH SCORE

Roasted Cauliflower Skewers with Sweet Peppers and Cumin

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



23 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 30 medium cauliflower florets (1 medium head)
- 0.5 teaspoon pepper red crushed
- 0.5 teaspoon cumin seeds
- 0.5 cup cilantro leaves fresh chopped
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 3 tablespoons juice of lemon fresh

- 1 tablespoon olive oil extra virgin extra-virgin
- 1 large bell pepper red cut into 15 (1-inch) squares
- 1 teaspoon sea salt fine
- 1 large bell pepper yellow cut into 15 (1-inch) squares

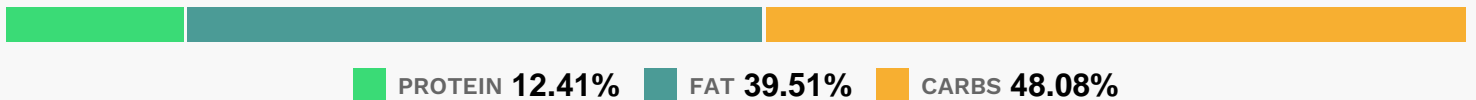
Equipment

- bowl
- frying pan
- oven
- whisk
- skewers

Directions

- Preheat oven to 450
- Combine the first 7 ingredients in a large bowl, stirring with a whisk.
- Add cauliflower and bell pepper squares; toss gently to coat.
- Spoon vegetables into a single layer on a jelly roll pan.
- Bake at 450 for 25 minutes or until lightly browned and crisp-tender, stirring after 15 minutes. Cool completely; stir in cilantro.
- Thread 1 cauliflower floret and 1 bell pepper square onto each of 30 (6-inch) skewers.

Nutrition Facts



Properties

Glycemic Index:7.07, Glycemic Load:0.39, Inflammation Score:-5, Nutrition Score:5.2243477909461%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 23.06kcal (1.15%), Fat: 1.15g (1.77%), Saturated Fat: 0.18g (1.13%), Carbohydrates: 3.16g (1.05%), Net Carbohydrates: 2.17g (0.79%), Sugar: 1.05g (1.16%), Cholesterol: 0mg (0%), Sodium: 165.29mg (7.19%), Alcohol: 0g (100%), Protein: 0.81g (1.63%), Vitamin C: 50.63mg (61.37%), Vitamin A: 425.6IU (8.51%), Vitamin K: 6.86µg (6.54%), Folate: 24.04µg (6.01%), Vitamin B6: 0.1mg (5.25%), Manganese: 0.08mg (4.02%), Potassium: 139.57mg (3.99%), Fiber: 0.99g (3.94%), Vitamin E: 0.38mg (2.52%), Vitamin B5: 0.24mg (2.36%), Iron: 0.4mg (2.21%), Magnesium: 8.29mg (2.07%), Phosphorus: 19.5mg (1.95%), Vitamin B3: 0.38mg (1.89%), Vitamin B2: 0.03mg (1.82%), Vitamin B1: 0.03mg (1.68%), Copper: 0.03mg (1.54%), Calcium: 11.52mg (1.15%)