



 **55%**
HEALTH SCORE

Roasted Cauliflower Steaks with Raisin Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



144 kcal

SIDE DISH

Ingredients

- 2 teaspoons capers rinsed drained finely chopped
- 2 pounds cauliflower
- 1 tablespoon cider vinegar
- 1 tablespoon parsley fresh finely chopped
- 2 tablespoons golden raisins chopped
- 4 servings kosher salt and pepper black freshly ground
- 2 tablespoons olive oil extra-virgin
- 0.3 cup roasted peppers red finely chopped

Equipment

- bowl
- frying pan
- oven
- knife

Directions

- Preheat the oven to 400 degrees F.
- Combine the peppers, raisins, parsley, cider vinegar, capers and 1/8 teaspoon each salt and pepper in a bowl.
- Trim the base of the core from the cauliflower, and then cut the head into 1-inch-thick slices.
- Cut any florets that fall off into 1-inch pieces.
- Sprinkle 1/4 teaspoon each salt and pepper over both sides of each cauliflower slice.
- Heat the olive oil in a large nonstick ovenproof skillet over medium-high heat.
- Add the cauliflower steaks and florets and cook, turning the steaks once, until browned on both sides, about 5 minutes.
- Transfer the skillet to the oven.
- Roast until a knife easily pierces through the steaks, 15 to 20 minutes. Spoon the relish over the steaks and serve.

Nutrition Facts



Properties

Glycemic Index:48.17, Glycemic Load:5.4, Inflammation Score:-7, Nutrition Score:16.046521611836%

Flavonoids

Apigenin: 2.23mg, Apigenin: 2.23mg, Apigenin: 2.23mg, Apigenin: 2.23mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.13mg, Quercetin:

3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 144.43kcal (7.22%), Fat: 7.72g (11.87%), Saturated Fat: 1.28g (8.01%), Carbohydrates: 17.79g (5.93%), Net Carbohydrates: 12.76g (4.64%), Sugar: 8.8g (9.78%), Cholesterol: 0mg (0%), Sodium: 217.32mg (9.45%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 4.74g (9.48%), Vitamin C: 115mg (139.39%), Vitamin K: 56.44µg (53.75%), Folate: 132.67µg (33.17%), Vitamin B6: 0.46mg (22.93%), Potassium: 756.92mg (21.63%), Manganese: 0.41mg (20.66%), Fiber: 5.03g (20.12%), Vitamin B5: 1.53mg (15.32%), Phosphorus: 111.3mg (11.13%), Magnesium: 38.8mg (9.7%), Vitamin B2: 0.16mg (9.15%), Vitamin E: 1.22mg (8.11%), Vitamin B1: 0.12mg (7.82%), Iron: 1.29mg (7.18%), Copper: 0.13mg (6.7%), Vitamin B3: 1.3mg (6.52%), Calcium: 60.01mg (6%), Zinc: 0.67mg (4.46%), Vitamin A: 131.67IU (2.63%), Selenium: 1.46µg (2.09%)