



WHATSheATE



Roasted Cauliflower with Asiago and Orange



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



10

CALORIES



99 kcal

SIDE DISH

Ingredients

- ☐ 1 cup asiago cheese shredded
- ☐ 2 lb cauliflower florets
- ☐ 3 tablespoons olive oil
- ☐ 0.5 teaspoon orange zest grated
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

Equipment

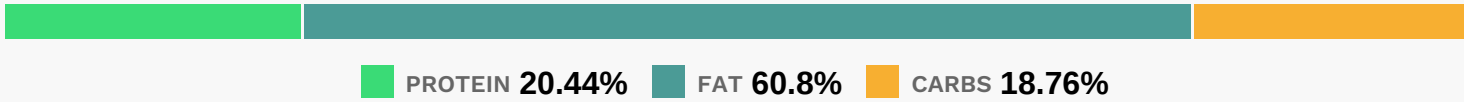
- ☐ bowl

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 450F. In large bowl, mix oil, salt, orange peel and pepper; toss in cauliflower until evenly coated.
- ☐ Place mixture in ungreased 15x10x1-inch pan.
- ☐ Bake 20 to 25 minutes; stir.
- ☐ Sprinkle with cheese.
- ☐ Bake 1 to 2 minutes longer or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:9.1, Glycemic Load:0.96, Inflammation Score:-4, Nutrition Score:7.8930434234764%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 99.23kcal (4.96%), Fat: 7.04g (10.83%), Saturated Fat: 2.34g (14.62%), Carbohydrates: 4.89g (1.63%), Net Carbohydrates: 3.05g (1.11%), Sugar: 1.81g (2.01%), Cholesterol: 6.8mg (2.27%), Sodium: 303.79mg (13.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.32g (10.65%), Vitamin C: 43.86mg (53.17%), Vitamin K: 16.84µg (16.04%), Calcium: 138.85mg (13.89%), Folate: 52.45µg (13.11%), Phosphorus: 109.42mg (10.94%), Vitamin B6: 0.18mg (8.82%), Potassium: 281.39mg (8.04%), Manganese: 0.15mg (7.46%), Fiber: 1.84g (7.35%), Vitamin B5: 0.65mg (6.52%), Vitamin B2: 0.09mg (5.17%), Vitamin E: 0.7mg (4.67%), Magnesium: 18.12mg (4.53%), Selenium: 2.8µg (4%), Zinc: 0.52mg (3.47%), Vitamin B1: 0.05mg (3.3%), Iron: 0.49mg (2.74%), Vitamin B3: 0.49mg (2.44%), Vitamin B12: 0.12µg (2%), Copper: 0.04mg (1.97%), Vitamin A: 78.79IU (1.58%)