



Roasted Cauliflower with Brown Butter

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



56 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 2 teaspoons butter
- 6 cups cauliflower florets (1 head)
- 0.3 teaspoon salt

Equipment

- bowl
- frying pan
- baking sheet

oven

Directions

Preheat oven to 40

Arrange cauliflower in a single layer on a baking sheet coated with cooking spray. Coat cauliflower with cooking spray; sprinkle with salt and pepper.

Bake at 400 for 25 minutes, turning cauliflower twice.

Melt butter in a small skillet over medium heat; cook 3 minutes or until lightly browned.

Combine cauliflower and browned butter in a bowl, and toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:1.44, Inflammation Score:-5, Nutrition Score:10.261739075508%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 55.74kcal (2.79%), Fat: 2.45g (3.77%), Saturated Fat: 1.48g (9.26%), Carbohydrates: 7.54g (2.51%), Net Carbohydrates: 4.5g (1.64%), Sugar: 2.87g (3.19%), Cholesterol: 5.38mg (1.79%), Sodium: 206.44mg (8.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.83%), Vitamin C: 72.3mg (87.64%), Vitamin K: 23.63µg (22.5%), Folate: 85.6µg (21.4%), Vitamin B6: 0.28mg (13.82%), Potassium: 450.79mg (12.88%), Manganese: 0.25mg (12.44%), Fiber: 3.03g (12.13%), Vitamin B5: 1mg (10.05%), Phosphorus: 66.8mg (6.68%), Magnesium: 22.77mg (5.69%), Vitamin B2: 0.09mg (5.36%), Vitamin B1: 0.08mg (5.02%), Vitamin B3: 0.76mg (3.81%), Iron: 0.64mg (3.58%), Calcium: 34.24mg (3.42%), Copper: 0.06mg (3.01%), Zinc: 0.41mg (2.73%), Selenium: 0.93µg (1.33%), Vitamin A: 63.16IU (1.26%), Vitamin E: 0.18mg (1.2%)