



Roasted Cauliflower with Capers and Chile



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



259 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter cold
- ☐ 2 tablespoons capers
- ☐ 1 head cauliflower
- ☐ 1 fresno chile sliced
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 5 tablespoons olive oil extra-virgin
- ☐ 0.3 cup white wine

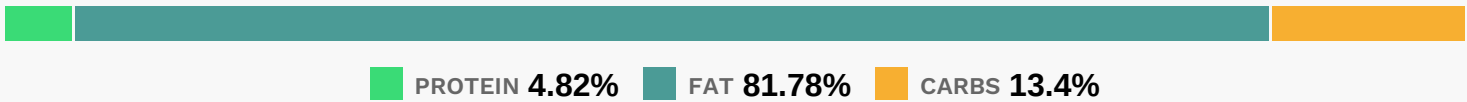
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 400 degrees F. Core the cauliflower and cut into florets. Toss the florets, 3 tablespoons olive oil, salt, and pepper on a baking sheet. Roast until tender, about 30 minutes.
- ☐ Cook the capers and chile in the remaining 2 tablespoons olive oil in a hot skillet for 1 minute.
- ☐ Add the wine and cook until reduced by half, about 1 minute. Stir in the butter and season with salt and pepper.
- ☐ Add the cauliflower and toss to coat.
- ☐ Per serving: Calories 249; Total Fat 24 grams; Saturated Fat: 6 grams; Protein: 3 grams; Total Carbohydrates: 8 grams; Sugar: 3 grams; Fiber: 3 grams; Cholesterol 15 milligrams; Sodium 293 milligrams

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:1.8, Inflammation Score:-6, Nutrition Score:12.83826083528%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 5.77mg, Kaempferol: 5.77mg, Kaempferol: 5.77mg, Kaempferol: 5.77mg Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg

Nutrients (% of daily need)

Calories: 258.55kcal (12.93%), Fat: 23.66g (36.41%), Saturated Fat: 6.21g (38.84%), Carbohydrates: 8.73g (2.91%), Net Carbohydrates: 5.55g (2.02%), Sugar: 3.51g (3.9%), Cholesterol: 15.05mg (5.02%), Sodium: 394.8mg (17.17%), Alcohol: 1.54g (100%), Alcohol %: 0.98% (100%), Protein: 3.13g (6.27%), Vitamin C: 85.63mg (103.79%), Vitamin K:

35.93µg (34.21%), Folate: 85.81µg (21.45%), Vitamin E: 2.91mg (19.4%), Vitamin B6: 0.33mg (16.5%), Potassium: 480.18mg (13.72%), Manganese: 0.26mg (13.25%), Fiber: 3.17g (12.69%), Vitamin B5: 1mg (9.97%), Phosphorus: 72.87mg (7.29%), Magnesium: 27.11mg (6.78%), Vitamin B2: 0.11mg (6.24%), Vitamin A: 287.55IU (5.75%), Vitamin B1: 0.08mg (5.45%), Iron: 0.93mg (5.16%), Vitamin B3: 0.91mg (4.57%), Copper: 0.09mg (4.31%), Calcium: 38.13mg (3.81%), Zinc: 0.46mg (3.03%), Selenium: 1.05µg (1.5%)