



## Roasted Cauliflower with Curry



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



23 min.

SERVINGS



9

CALORIES



38 kcal

SIDE DISH

### Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 30 ounce cauliflower florets fresh 7 cups
- ☐ 0.5 teaspoon curry powder
- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon salt

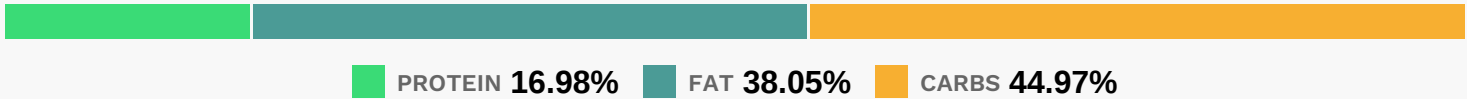
### Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

## Directions

- ☐ Preheat oven to 50
- ☐ Place cauliflower in a single layer on a jelly-roll pan; coat cauliflower lightly with cooking spray.
- ☐ Bake at 500 for 18 minutes or until crisp-tender, stirring once.
- ☐ Transfer cauliflower to a serving bowl.
- ☐ Combine olive oil and next 3 ingredients in a small bowl, and pour over cauliflower.
- ☐ Add lemon juice and parsley, tossing gently to coat.

## Nutrition Facts



## Properties

Glycemic Index:11.22, Glycemic Load:0.91, Inflammation Score:-4, Nutrition Score:6.9926086638285%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.99mg, Apigenin: 0.99mg, Apigenin: 0.99mg, Apigenin: 0.99mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

## Nutrients (% of daily need)

Calories: 38.28kcal (1.91%), Fat: 1.84g (2.84%), Saturated Fat: 0.34g (2.14%), Carbohydrates: 4.9g (1.63%), Net Carbohydrates: 2.94g (1.07%), Sugar: 1.84g (2.04%), Cholesterol: 0mg (0%), Sodium: 157.9mg (6.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.7%), Vitamin C: 46.58mg (56.46%), Vitamin K: 23.07µg (21.98%), Folate: 54.94µg (13.74%), Vitamin B6: 0.18mg (8.81%), Potassium: 288.65mg (8.25%), Manganese: 0.16mg (7.98%), Fiber: 1.96g (7.84%), Vitamin B5: 0.63mg (6.34%), Phosphorus: 42.4mg (4.24%), Magnesium: 14.84mg (3.71%), Vitamin B2: 0.06mg (3.39%), Vitamin B1: 0.05mg (3.22%), Iron: 0.47mg (2.63%), Vitamin B3: 0.49mg (2.45%), Calcium: 22.34mg (2.23%), Vitamin E: 0.33mg (2.2%), Copper: 0.04mg (1.97%), Zinc: 0.27mg (1.77%)