



# Roasted Cauliflower with Fresh Herbs and Parmesan

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



79 kcal

SIDE DISH

## Ingredients

- 12 cups cauliflower florets ( 2 heads)
- 1 tablespoon parsley fresh chopped
- 2 teaspoons tarragon fresh chopped
- 2 teaspoons thyme sprigs fresh chopped
- 3 garlic clove minced
- 2 tablespoons juice of lemon fresh
- 1.5 tablespoons olive oil

- 1 ounce parmesan fresh grated
- 0.3 teaspoon pepper
- 0.5 teaspoon salt

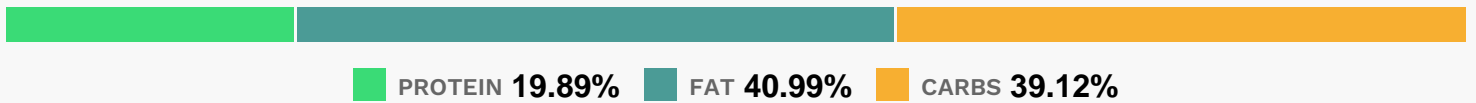
## Equipment

- bowl
- oven
- roasting pan

## Directions

- Preheat oven to 45
- Place cauliflower in a large roasting pan or jelly-roll pan.
- Drizzle with oil; toss well to coat.
- Bake at 450 for 20 minutes or until tender and browned, stirring every 5 minutes.
- Sprinkle with parsley, thyme, tarragon, and garlic.
- Bake 5 minutes.
- Combine cauliflower mixture, cheese, and remaining ingredients in a large bowl; toss well to combine.

## Nutrition Facts



## Properties

Glycemic Index:33.5, Glycemic Load:1.75, Inflammation Score:-7, Nutrition Score:12.0339130756%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

## Nutrients (% of daily need)

Calories: 79.41kcal (3.97%), Fat: 4.03g (6.19%), Saturated Fat: 1.15g (7.22%), Carbohydrates: 8.65g (2.88%), Net Carbohydrates: 5.47g (1.99%), Sugar: 3g (3.34%), Cholesterol: 2.41mg (0.8%), Sodium: 248.04mg (10.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.79%), Vitamin C: 75.82mg (91.9%), Vitamin K: 33.21µg (31.63%), Folate: 88.9µg (22.22%), Manganese: 0.31mg (15.5%), Vitamin B6: 0.31mg (15.47%), Potassium: 481.94mg (13.77%), Fiber: 3.17g (12.7%), Vitamin B5: 1.03mg (10.33%), Phosphorus: 95.1mg (9.51%), Calcium: 86.02mg (8.6%), Magnesium: 27.46mg (6.87%), Vitamin B2: 0.11mg (6.66%), Iron: 0.98mg (5.46%), Vitamin B1: 0.08mg (5.43%), Vitamin B3: 0.84mg (4.21%), Zinc: 0.55mg (3.68%), Copper: 0.07mg (3.57%), Vitamin E: 0.52mg (3.44%), Selenium: 1.89µg (2.7%), Vitamin A: 115.22IU (2.3%)