



Roasted cauliflower with garlic, bay & lemon



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



99 kcal

SIDE DISH

Ingredients

- ☐ 2 heads cauliflower cut into even bite-size pieces
- ☐ 1 garlic split unpeeled
- ☐ 6 bay leaves finely chopped
- ☐ 4 tbsp olive oil
- ☐ 1 lemon zest

Equipment

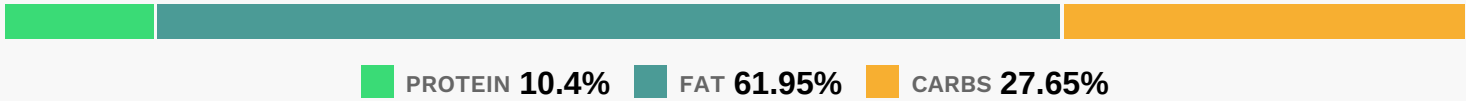
- ☐ bowl
- ☐ baking sheet

☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Place the cauliflower, garlic and bay leaves in a large bowl, toss with the oil, zest and juice and season generously.
- ☐ Spread evenly onto a baking sheet (use 2 if you need to). Roast for 20 mins, turning halfway, until al dente and caramelised.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:1.4, Inflammation Score:-5, Nutrition Score:10.333478107725%

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: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 98.96kcal (4.95%), Fat: 7.41g (11.4%), Saturated Fat: 1.16g (7.22%), Carbohydrates: 7.44g (2.48%), Net Carbohydrates: 4.46g (1.62%), Sugar: 2.78g (3.09%), Cholesterol: 0mg (0%), Sodium: 43.39mg (1.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.6%), Vitamin C: 70.41mg (85.34%), Vitamin K: 26.5µg (25.24%), Folate: 82.18µg (20.55%), Vitamin B6: 0.27mg (13.59%), Potassium: 432.98mg (12.37%), Fiber: 2.98g (11.93%), Manganese: 0.24mg (11.76%), Vitamin B5: 0.96mg (9.63%), Vitamin E: 1.13mg (7.5%), Phosphorus: 64mg (6.4%), Magnesium: 21.86mg (5.46%), Vitamin B2: 0.09mg (5.15%), Vitamin B1: 0.07mg (4.87%), Iron: 0.69mg (3.82%), Vitamin B3: 0.74mg (3.68%), Calcium: 34mg (3.4%), Copper: 0.06mg (2.91%), Zinc: 0.4mg (2.65%), Selenium: 0.92µg (1.32%)