



Roasted Cauliflower with Indian Barbecue Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



1413 kcal

SIDE DISH

Ingredients

- ☐ 2 pound cauliflower divided cored cut into 1-inch florets (8 cups) 4 tablespoons vegetable oil,
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 1 garlic clove pressed
- ☐ 1 tablespoon ground cumin
- ☐ 1.3 cups catsup
- ☐ 0.3 cup soya sauce
- ☐ 2 tablespoons sugar

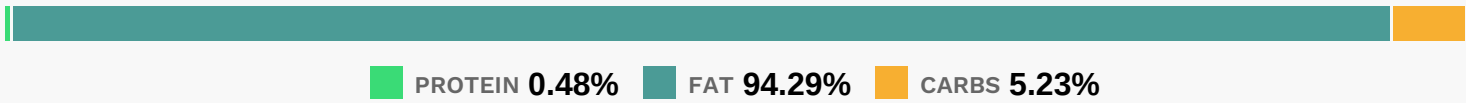
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 400°F. Toast cumin in small skillet over medium heat until darker in color and beginning to smoke, about 11/2 minutes. Set aside.
- ☐ Toss cauliflower and 2 tablespoons oil in large bowl.
- ☐ Transfer to medium rimmed baking sheet. Roast until very tender, stirring occasionally, about 45 minutes.
- ☐ Meanwhile, heat remaining 2 tablespoons oil in small saucepan over medium-low heat.
- ☐ Add ginger and garlic; sauté until very fragrant, about 3 minutes.
- ☐ Add ketchup, soy sauce, sugar, and toasted cumin. Bring to boil, whisking to blend. Reduce heat to very low; simmer barbecue sauce 1 minute to blend flavors, whisking constantly.
- ☐ Remove cauliflower from oven; transfer to large bowl. Toss with enough barbecue sauce to coat; season to taste with salt and pepper.
- ☐ One serving contains the following: Calories (kcal) 183.28, % Calories from Fat 47.5, Fat (g) 9.84, Saturated Fat (g) 0.71, Cholesterol (mg) 0, Carbohydrates (g) 23.04, Dietary Fiber (g) 3.83, Total Sugars (g) 17.61, Net Carbs (g) 19.21, Protein (g) 4.50
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:22.52, Glycemic Load:2.93, Inflammation Score:-4, Nutrition Score:10.881739250992%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 1413.05kcal (70.65%), Fat: 151.5g (233.07%), Saturated Fat: 23.08g (144.27%), Carbohydrates: 18.89g (6.3%), Net Carbohydrates: 18.54g (6.74%), Sugar: 14.84g (16.49%), Cholesterol: 0mg (0%), Sodium: 995.33mg (43.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.5%), Vitamin K: 279.61µg (266.3%), Vitamin E: 13.13mg (87.55%), Manganese: 0.14mg (7.02%), Iron: 1.11mg (6.17%), Vitamin B2: 0.1mg (6.02%), Vitamin B3: 1.15mg (5.74%), Vitamin B6: 0.11mg (5.47%), Vitamin A: 269.24IU (5.38%), Potassium: 182.34mg (5.21%), Magnesium: 14.3mg (3.57%), Copper: 0.07mg (3.34%), Phosphorus: 31.43mg (3.14%), Vitamin C: 2.3mg (2.79%), Calcium: 19.74mg (1.97%), Folate: 6.39µg (1.6%), Fiber: 0.35g (1.4%), Vitamin B1: 0.02mg (1.24%), Zinc: 0.18mg (1.21%)