



WHATSheATE



Roasted Cauliflower with Kalamata Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



162 kcal

SIDE DISH

Ingredients

- ☐ 1 pounds cauliflower
- ☐ 1 small garlic clove
- ☐ 0.3 cup kalamata olives pitted finely chopped
- ☐ 1 tablespoons juice of lemon fresh to taste ()
- ☐ 0.3 cup olive oil extra virgin extra-virgin divided

Equipment

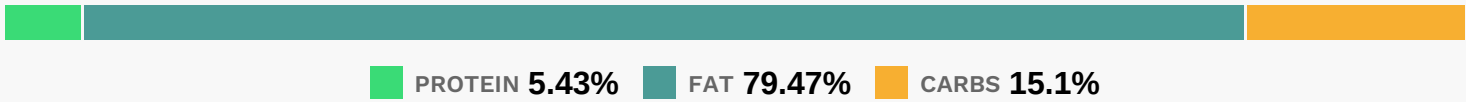
- ☐ frying pan
- ☐ oven

☐ whisk

Directions

- ☐ Preheat oven to 450°F with rack in lower third.
- ☐ Cut cauliflower lengthwise into 3/4-inch-thick slices. Put in a large 4-sided sheet pan and toss with 2 tablespoon oil and 1/2 teaspoon each of salt and pepper. Roast, turning once or twice, until golden and just tender, about 25 minutes.
- ☐ While cauliflower roasts, mince and mash garlic to a paste with a pinch of salt, then whisk together with lemon juice, remaining 2 tablespoons oil, olives, 1/8 teaspoon salt, and 1/2 teaspoon pepper.
- ☐ Serve cauliflower drizzled with Kalamata vinaigrette.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:1.15, Inflammation Score:-4, Nutrition Score:9.0400000110916%

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: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 161.87kcal (8.09%), Fat: 15.12g (23.26%), Saturated Fat: 2.18g (13.65%), Carbohydrates: 6.47g (2.16%), Net Carbohydrates: 3.89g (1.42%), Sugar: 2.31g (2.57%), Cholesterol: 0mg (0%), Sodium: 166.08mg (7.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.65%), Vitamin C: 56.34mg (68.29%), Vitamin K: 25.83µg (24.6%), Folate: 65.66µg (16.42%), Vitamin E: 2.36mg (15.75%), Vitamin B6: 0.22mg (11.11%), Fiber: 2.57g (10.29%), Potassium: 349.61mg (9.99%), Manganese: 0.19mg (9.44%), Vitamin B5: 0.77mg (7.68%), Phosphorus: 51.68mg (5.17%), Magnesium: 18.35mg (4.59%), Vitamin B2: 0.07mg (4.12%), Vitamin B1: 0.06mg (4.06%), Iron: 0.61mg (3.38%), Calcium: 31.05mg (3.11%), Vitamin B3: 0.6mg (3.02%), Copper: 0.06mg (2.86%), Zinc: 0.32mg (2.13%), Selenium: 0.87µg (1.24%)