



Roasted Cauliflower with Lemon and Anchovies

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



151 kcal

SIDE DISH

Ingredients

- ☐ 6 fillet anchovy
- ☐ 1 head cauliflower
- ☐ 2 clove garlic peeled roughly chopped
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 4 servings salt and pepper black freshly ground to taste
- ☐ 0.5 cup seasoned bread crumbs
- ☐ 0.5 cup water

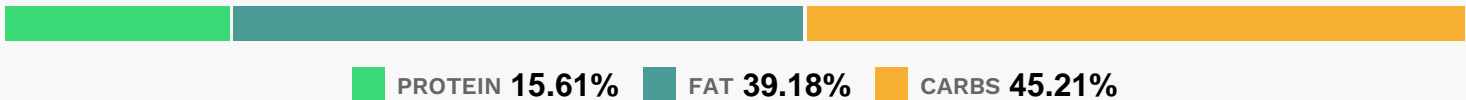
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 42
- ☐ Wash, dry, and remove any of the outer leaves from the cauliflower. Detach the stem by making a cone-shaped cut into the bottom of the cauliflower, and break the cauliflower up into large florets, following its natural stem pattern as much as possible. This will yield a variety of sizes. Use you judgment about further cuts, but each piece should be about 1 to 3 bites.Using a mini food processor, pulse the garlic and anchovies until chunky. With the machine running add ¼ cup of the olive oil using the drip tube in until a creamy paste is achieved. Pulse in the juice and set aside. In a large bowl add cauliflower and lemon zest. Season with salt and pepper, Toss with the anchovy mixture, tossing to coat all the florets very evenly.
- ☐ Pour the coated cauliflower into a shallow roasting pan just large enough to hold it all in one layer.
- ☐ Sprinkle the breadcrumbs all over the top, then drizzle with the remaining ¼-cup olive oil.Put it in oven and until roast until golden brown, approximately 12–15 minutes.
- ☐ Add ½ cup water, lower heat to 350, and continue cooking for 30–35 minutes, until tender.
- ☐ Remove from oven, place on a large platter.
- ☐ Serves four.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:1.52, Inflammation Score:-5, Nutrition Score:13.831739213156%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 151.47kcal (7.57%), Fat: 6.93g (10.65%), Saturated Fat: 1.22g (7.63%), Carbohydrates: 17.98g (5.99%), Net Carbohydrates: 14.31g (5.2%), Sugar: 3.62g (4.02%), Cholesterol: 3.75mg (1.25%), Sodium: 251.63mg (10.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.21g (12.41%), Vitamin C: 70.16mg (85.04%), Vitamin K: 32.63µg (31.07%), Folate: 100.39µg (25.1%), Manganese: 0.41mg (20.62%), Vitamin B6: 0.32mg (15.88%), Vitamin B1: 0.22mg (14.83%), Fiber: 3.67g (14.67%), Potassium: 494.84mg (14.14%), Vitamin B3: 2.51mg (12.53%), Vitamin B5: 1.1mg (11.01%), Phosphorus: 102.69mg (10.27%), Selenium: 6.98µg (9.96%), Vitamin B2: 0.17mg (9.75%), Iron: 1.6mg (8.9%), Magnesium: 31.76mg (7.94%), Calcium: 71.84mg (7.18%), Vitamin E: 0.97mg (6.45%), Copper: 0.12mg (5.79%), Zinc: 0.73mg (4.85%), Vitamin B12: 0.09µg (1.5%)