



WHATSheATE



HEALTH SCORE

86%

Roasted Cauliflower with Lemon-Parsley Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



250 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds cauliflower cut into florets, including tender leaves
- ☐ 1 cup parsley fresh
- ☐ 4 servings pepper freshly ground
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest finely grated
- ☐ 6 tablespoons olive oil divided

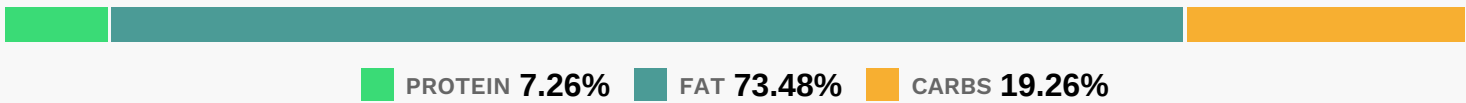
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 425°F. Toss cauliflower and 4 tablespoons oil on a rimmed baking sheet; season with salt and pepper. Roast, tossing occasionally, until tender and golden brown, 25–30 minutes.
- ☐ Meanwhile, pulse parsley, lemon juice, and remaining 2 tablespoons oil in a food processor until very finely chopped; season with salt and pepper. Toss cauliflower with lemon–parsley mixture and top with lemon zest.
- ☐ DO AHEAD: Lemon–parsley mixture can be made 4 hours ahead. Cover and chill.
- ☐ Per serving: 240 calories, 21 g fat, 5 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:2.31, Inflammation Score:–9, Nutrition Score:20.106956554496%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 32.41mg, Apigenin: 32.41mg, Apigenin: 32.41mg, Apigenin: 32.41mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 249.76kcal (12.49%), Fat: 21.78g (33.5%), Saturated Fat: 3.22g (20.11%), Carbohydrates: 12.84g (4.28%), Net Carbohydrates: 7.74g (2.81%), Sugar: 4.66g (5.18%), Cholesterol: 0mg (0%), Sodium: 76.97mg (3.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.84g (9.68%), Vitamin K: 293.96µg (279.96%), Vitamin C: 132.49mg (160.59%), Folate: 153.62µg (38.41%), Vitamin A: 1264.72IU (25.29%), Vitamin E: 3.33mg (22.21%), Potassium: 770.88mg (22.03%), Vitamin B6: 0.44mg (21.75%), Fiber: 5.11g (20.42%), Manganese: 0.39mg (19.46%), Vitamin B5:

1.58mg (15.85%), Iron: 2.02mg (11.21%), Phosphorus: 109.28mg (10.93%), Magnesium: 42.18mg (10.54%), Vitamin B2: 0.15mg (8.96%), Vitamin B1: 0.13mg (8.56%), Calcium: 72.03mg (7.2%), Vitamin B3: 1.36mg (6.78%), Copper: 0.11mg (5.68%), Zinc: 0.78mg (5.19%), Selenium: 1.39µg (1.99%)