



 **56%**  
HEALTH SCORE

## Roasted Cauliflower with Olive Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



152 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 3 pounds cauliflower cut into 3/4-inch slices
- 1 garlic clove
- 1 tablespoon juice of lemon fresh
- 1 teaspoon lemon zest finely grated
- 0.3 cup oil-cured olives pitted finely chopped
- 4 tablespoons olive oil divided
- 1 pinch salt

## Equipment

- bowl
- oven
- whisk
- baking pan
- aluminum foil

## Directions

- Preheat oven to 450 with racks in upper and lower thirds. Line 2 large (4-sided) baking pans with foil.
- Arrange cauliflower on baking pans and drizzle with 2 tablespoons oil, salt, and 1/4 teaspoon pepper. Roast, switching position of pans after 15 minutes, until golden in spots and just tender (30 minutes total).
- While cauliflower roasts, mince and mash garlic to a paste and place in a small bowl; whisk in remaining 2 tablespoons oil, olives, lemon zest and juice, and remaining 1/4 teaspoon pepper. Arrange cauliflower on a platter and drizzle with vinaigrette.

## Nutrition Facts



## Properties

Glycemic Index:15.67, Glycemic Load:2.22, Inflammation Score:-6, Nutrition Score:14.919130496357%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

## Nutrients (% of daily need)

Calories: 151.95kcal (7.6%), Fat: 11.13g (17.12%), Saturated Fat: 1.74g (10.87%), Carbohydrates: 12.06g (4.02%), Net Carbohydrates: 7.18g (2.61%), Sugar: 4.46g (4.95%), Cholesterol: 0mg (0%), Sodium: 191.85mg (8.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.99%), Vitamin C: 110.87mg (134.39%), Vitamin K: 41.16µg (39.2%), Folate: 130.09µg (32.52%), Vitamin B6: 0.43mg (21.4%), Potassium: 688.69mg (19.68%), Fiber: 4.88g (19.52%), Manganese: 0.38mg (19.07%), Vitamin B5: 1.52mg (15.24%), Vitamin E: 1.82mg (12.12%), Phosphorus: 101.36mg (10.14%), Magnesium: 35.45mg (8.86%), Vitamin B2: 0.14mg (8.12%), Vitamin B1: 0.12mg (7.8%), Iron: 1.07mg (5.95%), Vitamin B3: 1.18mg (5.88%), Calcium: 56.13mg (5.61%), Copper: 0.1mg (5.09%), Zinc: 0.63mg (4.17%), Selenium: 1.51µg (2.16%)