



 **81%**
HEALTH SCORE

Roasted Cauliflower with Pasta and Lemon Zest

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



404 kcal

SIDE DISH

Ingredients

- 2 pounds cauliflower cut into small florets (7 cups)
- 1 onion red cut into ¼-inch-thick slices
- 0.3 cup capers rinsed
- 0.3 cup olive oil extra virgin extra-virgin
- 1 serving salt and pepper freshly ground
- 8 ounces orecchiette dried (ear-shaped
- 0.5 cup parsley fresh coarsely chopped

2 tablespoons lemon zest finely grated (from 2 lemons)

Equipment

baking sheet

oven

pot

Directions

Preheat oven to 450 degrees. Toss together cauliflower, onion, capers, and 2 tablespoons oil. Season with salt and pepper.

Spread vegetables in a single layer on a rimmed baking sheet.

Roast, stirring halfway through, until cauliflower is tender and browned, about 40 minutes.

Meanwhile, bring a large pot of salted water to a boil.

Add pasta, and cook until al dente, according to package instructions.

Drain.

Toss hot pasta with remaining 2 tablespoons oil, the parsley, and lemon zest.

Add cauliflower mixture, and season with salt and pepper. Gently toss to combine.

Nutrition Facts



PROTEIN 12.05% **FAT 32.72%** **CARBS 55.23%**

Properties

Glycemic Index:33.25, Glycemic Load:19.82, Inflammation Score:-9, Nutrition Score:25.923478292382%

Flavonoids

Apigenin: 16.24mg, Apigenin: 16.24mg, Apigenin: 16.24mg, Apigenin: 16.24mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 15.47mg, Kaempferol: 15.47mg, Kaempferol: 15.47mg, Kaempferol: 15.47mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 25.7mg, Quercetin: 25.7mg, Quercetin: 25.7mg, Quercetin: 25.7mg

Nutrients (% of daily need)

Calories: 404.02kcal (20.2%), Fat: 15.18g (23.36%), Saturated Fat: 2.36g (14.77%), Carbohydrates: 57.67g (19.22%), Net Carbohydrates: 49.93g (18.16%), Sugar: 7.25g (8.05%), Cholesterol: 0mg (0%), Sodium: 428.5mg (18.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.58g (25.15%), Vitamin K: 169.14µg (161.08%), Vitamin C: 125.67mg (152.32%), Selenium: 37.49µg (53.56%), Manganese: 0.93mg (46.38%), Folate: 159.01µg (39.75%), Fiber: 7.73g (30.93%), Vitamin B6: 0.55mg (27.26%), Potassium: 895.58mg (25.59%), Phosphorus: 220.73mg (22.07%), Magnesium: 74.63mg (18.66%), Vitamin B5: 1.83mg (18.33%), Copper: 0.32mg (15.9%), Vitamin E: 2.35mg (15.69%), Iron: 2.5mg (13.86%), Vitamin A: 648.94IU (12.98%), Vitamin B1: 0.19mg (12.49%), Vitamin B2: 0.2mg (11.91%), Vitamin B3: 2.33mg (11.64%), Zinc: 1.58mg (10.54%), Calcium: 87.04mg (8.7%)