



Roasted Cauliflower With Pine Nuts and Raisins

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



245 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup japanese breadcrumbs panko
- ☐ 1 tablespoon butter
- ☐ 2 lb cauliflower
- ☐ 1 large garlic clove pressed
- ☐ 0.3 cup golden raisins
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon pepper

- ☐ 0.3 cup pinenuts
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon or dried fresh chopped

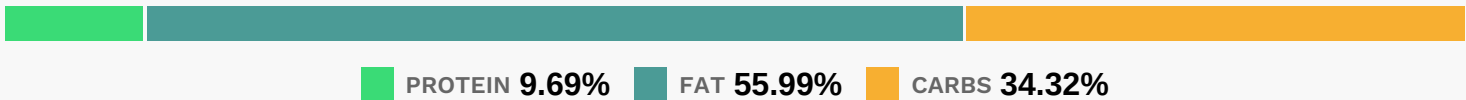
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ microwave

Directions

- ☐ Preheat oven to 40
- ☐ Cover raisins with hot water in a small bowl; let stand 5 minutes or until plump.
- ☐ Drain.
- ☐ Cut cauliflower into equal-size florets. Toss together florets, pine nuts, olive oil, and thyme in a jelly-roll pan.
- ☐ Spread in single layer, and season with salt and pepper.
- ☐ Bake at 400 for 20 minutes or until edges of cauliflower are caramelized and nuts are toasted.
- ☐ Remove from oven. Increase oven temperature to broil.
- ☐ Microwave butter with garlic in a small glass bowl at HIGH 30 seconds. Stir in raisins and breadcrumbs. Toss raisin mixture with cauliflower mixture in jelly-roll pan, and spread mixture in a single layer.
- ☐ Broil 6 inches from heat 2 minutes or just until golden.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:50.17, Glycemic Load:6.12, Inflammation Score:-8, Nutrition Score:19.602173973685%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 244.76kcal (12.24%), Fat: 16.51g (25.4%), Saturated Fat: 3.54g (22.13%), Carbohydrates: 22.77g (7.59%), Net Carbohydrates: 17.25g (6.27%), Sugar: 10.25g (11.38%), Cholesterol: 7.53mg (2.51%), Sodium: 410.37mg (17.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.43g (12.86%), Vitamin C: 110.03mg (133.37%), Manganese: 1.21mg (60.27%), Vitamin K: 49.23µg (46.88%), Folate: 137.26µg (34.32%), Vitamin B6: 0.47mg (23.51%), Potassium: 811.12mg (23.17%), Fiber: 5.52g (22.08%), Phosphorus: 167.6mg (16.76%), Vitamin B5: 1.58mg (15.83%), Magnesium: 61.01mg (15.25%), Vitamin E: 2.09mg (13.95%), Copper: 0.25mg (12.43%), Vitamin B1: 0.18mg (12.28%), Iron: 2.14mg (11.88%), Vitamin B2: 0.19mg (11.23%), Vitamin B3: 1.89mg (9.47%), Zinc: 1.27mg (8.46%), Calcium: 70.64mg (7.06%), Selenium: 2.59µg (3.7%), Vitamin A: 100.16IU (2%)