




 **65%**  
HEALTH SCORE

# Roasted Cauliflower with Sage


 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN




**18 min.**

SERVINGS



**6**

CALORIES



**57 kcal**

SIDE DISH

## Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1.8 pound cauliflower trimmed cut into 1 1/2-inch florets
- 2 tablespoons sage fresh
- 2 teaspoons lemon zest grated
- 1 tablespoon olive oil
- 0.3 teaspoon salt

## Equipment

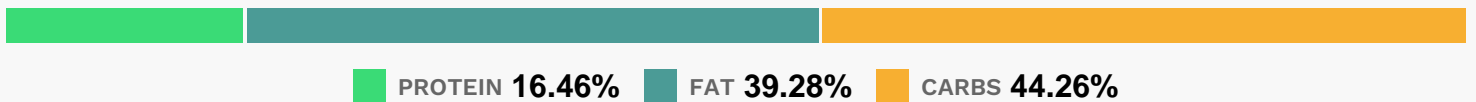
- bowl

- frying pan
- baking sheet
- oven

## Directions

- Preheat oven to 50
- Place a large baking sheet in oven.
- Heat 5 minutes.
- While pan heats, place cauliflower in a large bowl.
- Drizzle cauliflower with oil; toss until coated.
- Sprinkle with pepper and salt; toss well.
- Spread cauliflower in a single layer on hot pan.
- Bake at 500 for 12 minutes or until browned and tender.
- Transfer cauliflower to a bowl.
- Add sage and lemon rind; toss well.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:10.67, Glycemic Load:1.28, Inflammation Score:-4, Nutrition Score:14.114782411929%

## Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

## Nutrients (% of daily need)

Calories: 57.34kcal (2.87%), Fat: 2.81g (4.33%), Saturated Fat: 0.55g (3.45%), Carbohydrates: 7.13g (2.38%), Net Carbohydrates: 4.23g (1.54%), Sugar: 2.56g (2.84%), Cholesterol: 0mg (0%), Sodium: 136.8mg (5.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.3%), Copper: 6.12mg (305.85%), Vitamin C: 64.63mg (78.34%),

Manganese: 0.43mg (21.28%), Vitamin K: 22.18µg (21.13%), Folate: 75.52µg (18.88%), Vitamin B6: 0.25mg (12.25%), Potassium: 407.42mg (11.64%), Fiber: 2.9g (11.61%), Vitamin B5: 0.89mg (8.87%), Phosphorus: 59.29mg (5.93%), Magnesium: 23.63mg (5.91%), Vitamin B2: 0.08mg (4.86%), Vitamin B1: 0.07mg (4.84%), Iron: 0.81mg (4.53%), Calcium: 43.93mg (4.39%), Vitamin B3: 0.68mg (3.38%), Vitamin E: 0.45mg (2.97%), Zinc: 0.4mg (2.66%), Selenium: 0.81µg (1.15%)