



Roasted Cauliflower with Salsa Verde

 Gluten Free  Dairy Free

READY IN



105 min.

SERVINGS



8

CALORIES



66 kcal

SIDE DISH

Ingredients

- 2 fillet anchovy
- 1 tablespoon capers
- 2 large heads cauliflower cut into bite-sized florets (4 pounds total)
- 0.3 cup basil fresh coarsely chopped
- 1 medium garlic clove coarsely chopped
- 1 juice of lemon
- 1 teaspoon kosher salt
- 0.3 cup olive oil extra virgin extra-virgin

- 1 teaspoon oregano dried
- 1 cup parsley fresh italian coarsely chopped (from)

Equipment

- bowl
- baking sheet
- oven
- knife
- blender
- spatula

Directions

- Place the parsley, basil, anchovies, garlic, oregano, lemon zest, juice, and salt in a blender. Blend on high until evenly combined, about 1 minute. Stop the blender and scrape down the sides of the pitcher with a rubber spatula. Return the blender to high speed, remove the small cap from the lid (the pour lid), and slowly drizzle in the oil. Turn off the blender, add the capers, and pulse until they're coarsely chopped, about 5 (1-second) pulses.
- Heat the oven to 500°F and arrange the racks to divide the oven into thirds.
- Place half of the cauliflower, half of the oil, and half of the salt in a large bowl and toss to combine.
- Transfer to a baking sheet and spread into an even layer. Repeat with the remaining cauliflower, oil, and salt and transfer to a second baking sheet. Roast for 15 minutes. Stir the cauliflower (be careful of steam when opening the oven), then rotate the baking sheets front to back and top to bottom. Continue to roast until knife-tender and browned in spots, about 8 to 10 minutes more.
- Transfer the cauliflower to a serving dish and drizzle with the salsa verde.
- Serve warm, at room temperature, or cold.

Nutrition Facts

 **PROTEIN 3.13%**  **FAT 90.39%**  **CARBS 6.48%**

Properties

Glycemic Index:21.13, Glycemic Load:0.12, Inflammation Score:-7, Nutrition Score:6.9173913095956%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 66.19kcal (3.31%), Fat: 6.89g (10.61%), Saturated Fat: 0.96g (6.02%), Carbohydrates: 1.11g (0.37%), Net Carbohydrates: 0.69g (0.25%), Sugar: 0.18g (0.2%), Cholesterol: 0.6mg (0.2%), Sodium: 324.02mg (14.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.08%), Vitamin K: 132.02µg (125.74%), Vitamin C: 11.85mg (14.36%), Vitamin A: 677.75IU (13.56%), Vitamin E: 1.1mg (7.34%), Iron: 0.68mg (3.78%), Folate: 13.73µg (3.43%), Manganese: 0.04mg (2.12%), Calcium: 18.75mg (1.87%), Fiber: 0.42g (1.69%), Potassium: 57.38mg (1.64%), Magnesium: 6.01mg (1.5%), Vitamin B3: 0.27mg (1.35%), Copper: 0.02mg (1.18%)