



## Roasted coriander cauliflower



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



121 kcal

SIDE DISH

### Ingredients

- ☐ 1 head cauliflower cut into florets
- ☐ 2 onions red thick sliced into wedges
- ☐ 1 tsp ground coriander
- ☐ 2 tbsp olive oil
- ☐ 1 handful coriander fresh

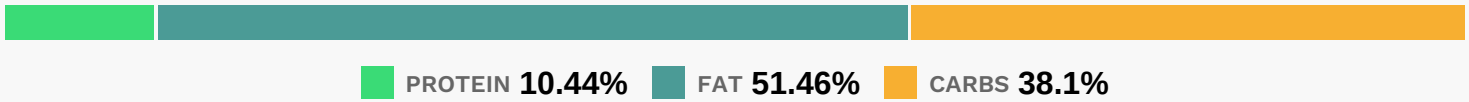
### Equipment

- ☐ oven

# Directions

- ☐ Heat oven to 220C/fan 200C/gas
- ☐ In a roasting tin, toss the cauliflower, red onion, ground coriander and olive oil together with some salt and pepper. Roast for 25 mins, tossing occasionally until the vegetables are starting to brown. Toss through the coriander and serve.

## Nutrition Facts



## Properties

Glycemic Index:22.75, Glycemic Load:2.5, Inflammation Score:-6, Nutrition Score:11.932173951812%

## Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.47mg, Quercetin: 12.47mg, Quercetin: 12.47mg, Quercetin: 12.47mg

## Nutrients (% of daily need)

Calories: 121.39kcal (6.07%), Fat: 7.54g (11.6%), Saturated Fat: 1.18g (7.38%), Carbohydrates: 12.57g (4.19%), Net Carbohydrates: 8.54g (3.11%), Sugar: 5.09g (5.65%), Cholesterol: 0mg (0%), Sodium: 46.08mg (2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.88%), Vitamin C: 73.72mg (89.36%), Vitamin K: 29.82µg (28.4%), Folate: 93.01µg (23.25%), Vitamin B6: 0.33mg (16.6%), Fiber: 4.03g (16.11%), Manganese: 0.31mg (15.33%), Potassium: 521.09mg (14.89%), Vitamin B5: 1.03mg (10.32%), Phosphorus: 81.52mg (8.15%), Vitamin E: 1.16mg (7.73%), Magnesium: 28.81mg (7.2%), Vitamin B1: 0.1mg (6.59%), Vitamin B2: 0.1mg (6.12%), Calcium: 48.21mg (4.82%), Iron: 0.85mg (4.72%), Copper: 0.08mg (4.21%), Vitamin B3: 0.81mg (4.07%), Zinc: 0.51mg (3.39%), Selenium: 1.26µg (1.81%), Vitamin A: 68.58IU (1.37%)