



HEALTH SCORE

69%

Roasted Garlic, Broccoli, and Cauliflower



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



227 kcal

SIDE DISH

Ingredients



4 cups broccoli florets



4 cups cauliflower florets



0.3 cup olive oil extra virgin



5 garlic cloves pressed



3 lemon wedges



0.3 teaspoon pepper dried red crushed



4 servings salt and pepper to taste



1.5 teaspoons greek seasoning italian

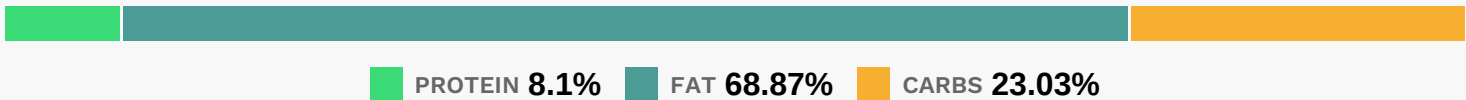
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Combine first 4 ingredients in a large bowl. Stir in broccoli and cauliflower, tossing to coat. Season to taste with salt and pepper; transfer mixture to a large rimmed baking sheet.
- ☐ Bake, stirring occasionally, 15 minutes or until vegetables are very tender and cauliflower is lightly browned. Squeeze lemon wedges over vegetables, tossing to coat.

Nutrition Facts



Properties

Glycemic Index:31.13, Glycemic Load:2.71, Inflammation Score:-8, Nutrition Score:19.092173845872%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg Kaempferol: 7.51mg, Kaempferol: 7.51mg, Kaempferol: 7.51mg, Kaempferol: 7.51mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 226.9kcal (11.35%), Fat: 18.73g (28.81%), Saturated Fat: 2.74g (17.13%), Carbohydrates: 14.09g (4.7%), Net Carbohydrates: 8.91g (3.24%), Sugar: 3.87g (4.3%), Cholesterol: 0mg (0%), Sodium: 257.33mg (11.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.92%), Vitamin C: 137.72mg (166.93%), Vitamin K: 124.01µg (118.11%), Folate: 117.74µg (29.44%), Vitamin E: 3.59mg (23.93%), Manganese: 0.45mg (22.65%), Fiber: 5.18g (20.74%), Vitamin B6: 0.41mg (20.55%), Potassium: 632.34mg (18.07%), Vitamin B5: 1.24mg (12.44%), Vitamin A: 620.06IU (12.4%), Phosphorus: 113.44mg (11.34%), Vitamin B2: 0.18mg (10.5%), Magnesium: 38.34mg (9.59%), Iron: 1.63mg (9.05%), Calcium: 87.76mg (8.78%), Vitamin B1: 0.13mg (8.61%), Vitamin B3: 1.18mg (5.89%), Copper: 0.11mg (5.3%),

Selenium: 3.52µg (5.03%), Zinc: 0.72mg (4.81%)