



Roasted Italian Cauliflower

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



118 kcal

SIDE DISH

Ingredients

- 1 tablespoon capers drained
- 1 small head cauliflower cut into medium-size florets (4 cups)
- 2 tablespoons parsley fresh chopped
- 2 cloves garlic thinly sliced
- 0.5 cup grape tomatoes halved
- 4 servings kosher salt and pepper black freshly ground
- 0.3 optional: lemon
- 3 tablespoons olive oil extra-virgin

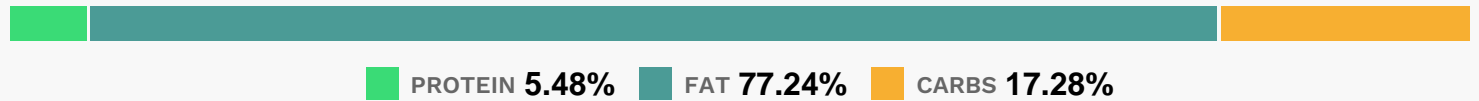
Equipment

- baking sheet
- oven

Directions

- Adjust an oven rack to the top position and preheat the oven to 475 degrees F. Toss together the cauliflower, tomatoes, olive oil, capers, 1/2 teaspoon salt, a few grinds of pepper and the garlic on a baking sheet. Roast until the cauliflower browns in some spots and is tender, tossing about halfway through, about 20 minutes. Toss with a squeeze of lemon and the parsley.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:47.38, Glycemic Load:1.1, Inflammation Score:-5, Nutrition Score:8.387826046218%

Flavonoids

Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg

Nutrients (% of daily need)

Calories: 118.36kcal (5.92%), Fat: 10.79g (16.6%), Saturated Fat: 1.55g (9.71%), Carbohydrates: 5.43g (1.81%), Net Carbohydrates: 3.51g (1.28%), Sugar: 1.96g (2.18%), Cholesterol: 0mg (0%), Sodium: 77.93mg (3.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.45%), Vitamin C: 41.28mg (50.03%), Vitamin K: 51.54µg (49.09%), Vitamin E: 1.71mg (11.4%), Folate: 44.86µg (11.22%), Manganese: 0.17mg (8.43%), Vitamin B6: 0.16mg (8.17%), Potassium: 270.87mg (7.74%), Fiber: 1.92g (7.7%), Vitamin A: 328.55IU (6.57%), Vitamin B5: 0.49mg (4.9%), Phosphorus: 38.51mg (3.85%), Magnesium: 14.73mg (3.68%), Iron: 0.62mg (3.45%), Vitamin B1: 0.05mg (3.19%), Vitamin B2: 0.05mg (3.01%), Copper: 0.06mg (2.78%), Vitamin B3: 0.5mg (2.52%), Calcium: 25.02mg (2.5%), Zinc: 0.26mg (1.74%)