



Roasted Kohlrabi

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



108 kcal

SIDE DISH

Ingredients

- 1 clove garlic minced
- 4 kohlrabi bulb peeled
- 1 tablespoon olive oil
- 0.3 cup parmesan cheese grated
- 4 servings salt and pepper to taste

Equipment

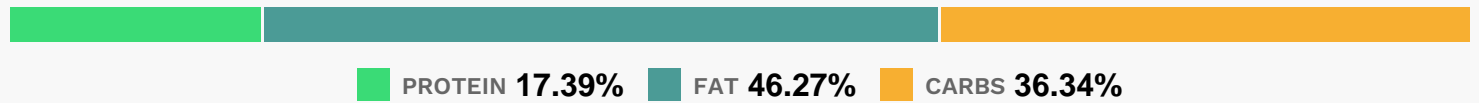
- bowl
- baking sheet

oven

Directions

- Preheat an oven to 450 degrees F (230 degrees C).
- Cut the kohlrabi into 1/4 inch thick slices, then cut each of the slices in half.
- Combine olive oil, garlic, salt and pepper in a large bowl. Toss kohlrabi slices in the olive oil mixture to coat.
- Spread kohlrabi in a single layer on a baking sheet.
- Bake in the preheated oven until browned, 15 to 20 minutes, stirring occasionally in order to brown evenly.
- Remove from oven and sprinkle with Parmesan cheese. Return to the oven to allow the Parmesan cheese to brown, about 5 minutes.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.85, Inflammation Score:-5, Nutrition Score:10.888260878946%

Flavonoids

Luteolin: 1.95mg, Luteolin: 1.95mg, Luteolin: 1.95mg, Luteolin: 1.95mg Kaempferol: 3.65mg, Kaempferol: 3.65mg, Kaempferol: 3.65mg, Kaempferol: 3.65mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 107.64kcal (5.38%), Fat: 5.99g (9.21%), Saturated Fat: 1.79g (11.22%), Carbohydrates: 10.58g (3.53%), Net Carbohydrates: 5.17g (1.88%), Sugar: 3.91g (4.35%), Cholesterol: 7.25mg (2.42%), Sodium: 369.82mg (16.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.06g (10.13%), Vitamin C: 93.23mg (113.01%), Fiber: 5.42g (21.66%), Potassium: 543.42mg (15.53%), Phosphorus: 122.98mg (12.3%), Vitamin B6: 0.24mg (12.05%), Manganese: 0.23mg (11.43%), Calcium: 111.18mg (11.12%), Copper: 0.2mg (9.96%), Vitamin E: 1.27mg (8.45%), Magnesium: 31.61mg (7.9%), Folate: 24.52µg (6.13%), Selenium: 4.07µg (5.82%), Vitamin B1: 0.08mg (5.25%), Iron: 0.67mg (3.73%), Vitamin B2: 0.06mg (3.5%), Vitamin B3: 0.61mg (3.06%), Vitamin B5: 0.28mg (2.79%), Zinc: 0.41mg (2.77%), Vitamin A: 126.15IU (2.52%), Vitamin K: 2.41µg (2.3%), Vitamin B12: 0.11µg (1.88%)