



Roasted Red Peppers and Cauliflower with Caper Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



60 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup capers salted drained and rinsed (not)
- ☐ 2 heads cauliflower trimmed cut into 2-inch florets
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.8 cup olive oil extra-virgin divided
- ☐ 4 bell peppers red

Equipment

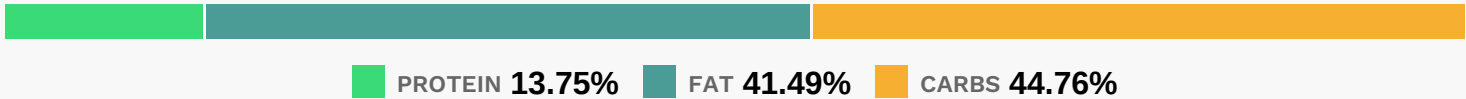
- ☐ bowl

☐ whisk

Directions

- ☐ Toss cauliflower with 1/4 cup oil, 1 teaspoon salt, and 1/2 teaspoon pepper in a large bowl, then divide between two 4-sided sheet pans. Roast cauliflower, turning it and switching position of pans halfway through, until just tender and browned in spots, about 20 minutes total.
- ☐ While cauliflower roasts, whisk together lemon juice, 1/2 teaspoon salt, and 1/2 teaspoon pepper in a large serving bowl, then add remaining 1/2 cup oil in a slow stream, whisking. Finely chop about 1 tablespoon capers, then whisk chopped and whole capers into vinaigrette.
- ☐ Add warm cauliflower and peppers and toss to coat.
- ☐ Serve at room temperature.
- ☐ Peppers and cauliflower can be roasted and tossed with vinaigrette 1 day ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:1.41, Inflammation Score:-8, Nutrition Score:11.386521803296%

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: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 5.14mg, Kaempferol: 5.14mg, Kaempferol: 5.14mg, Kaempferol: 5.14mg Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg

Nutrients (% of daily need)

Calories: 59.8kcal (2.99%), Fat: 3.13g (4.81%), Saturated Fat: 0.53g (3.32%), Carbohydrates: 7.59g (2.53%), Net Carbohydrates: 4.71g (1.71%), Sugar: 3.61g (4.01%), Cholesterol: 0mg (0%), Sodium: 131.38mg (5.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.66%), Vitamin C: 98.57mg (119.48%), Vitamin A: 1247.22IU (24.94%), Folate: 74.46µg (18.62%), Vitamin K: 19.32µg (18.4%), Vitamin B6: 0.29mg (14.72%), Fiber: 2.88g (11.51%), Potassium: 375.59mg (10.73%), Manganese: 0.2mg (9.81%), Vitamin B5: 0.77mg (7.71%), Vitamin E: 1.13mg (7.53%), Vitamin B2: 0.1mg (5.7%), Phosphorus: 53.14mg (5.31%), Magnesium: 20.56mg (5.14%), Vitamin B1: 0.07mg (4.73%), Vitamin B3: 0.9mg (4.51%), Iron: 0.65mg (3.62%), Copper: 0.06mg (2.92%), Calcium: 25.57mg (2.56%), Zinc: 0.37mg (2.48%)