



Roasted Romanesco



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



32 kcal

SIDE DISH

Ingredients

- ☐ 1 pinch garlic powder
- ☐ 1 tablespoon olive oil to taste
- ☐ 1 pinch paprika
- ☐ 2 grinds pepper fresh black
- ☐ 4 servings salt to taste

Equipment

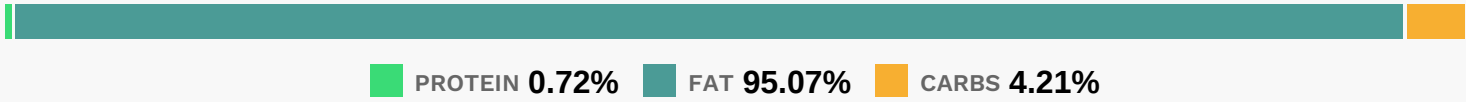
- ☐ baking sheet
- ☐ oven

☐ aluminum foil

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C). Line a baking sheet with aluminum foil.
- ☐ Spread Romanesco onto the prepared baking sheet; drizzle with olive oil and season with salt, black pepper, garlic powder, and paprika.
- ☐ Roast in the preheated oven until tender, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:0.54000000080661%

Nutrients (% of daily need)

Calories: 32.35kcal (1.62%), Fat: 3.52g (5.41%), Saturated Fat: 0.49g (3.07%), Carbohydrates: 0.35g (0.12%), Net Carbohydrates: 0.21g (0.08%), Sugar: 0.01g (0.01%), Cholesterol: 0mg (0%), Sodium: 193.99mg (8.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.12%), Vitamin E: 0.52mg (3.44%), Manganese: 0.06mg (3.25%), Vitamin K: 2.95µg (2.81%)