



WHATSheATE



HEALTH SCORE

24%

Spice-Roasted Cauliflower and Jerusalem Artichokes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



207 kcal

SIDE DISH

Ingredients



1 head cauliflower cut into bite-size florets



0.5 teaspoon ground pepper



1 tablespoon cumin seeds toasted



6 servings chives fresh finely chopped for sprinkling



1 pound sunchokes cut into 1-inch dice



6 servings kosher salt



6 servings olive oil extra virgin extra-virgin

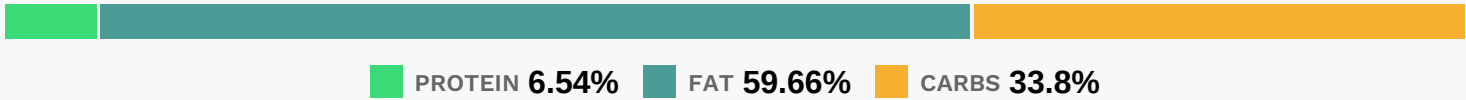
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ In a large bowl, combine the cauliflower and Jerusalem artichokes; toss them generously with olive oil and salt.
- ☐ In a small bowl, combine the cumin and cayenne and add to the vegetables. Toss well to thoroughly combine.
- ☐ Spread the veggies on a baking sheet in one even layer–use two baking sheets, if necessary. Roast 20 minutes, then stir the veggies so they have the chance to brown all over and rotate the pan to ensure even cooking. Roast another 20 minutes, then stir and rotate again.
- ☐ Roast the vegetables for an additional 5 to 10 minutes, or until they are brown, tender and smell wonderful–almost like popcorn! If they aren't lovely and brown, let them continue to roast for another few minutes. Taste and adjust the seasoning, if necessary.
- ☐ Remove the veggies from the oven, sprinkle with chives and transfer to a serving dish.
- ☐ Serve immediately.
- ☐ Photograph by Kana Okada

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:4.78, Inflammation Score:-5, Nutrition Score:11.660000023635%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin:

0.07mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 207.49kcal (10.37%), Fat: 14.53g (22.36%), Saturated Fat: 2.08g (12.99%), Carbohydrates: 18.53g (6.18%), Net Carbohydrates: 15.23g (5.54%), Sugar: 9.15g (10.16%), Cholesterol: 0mg (0%), Sodium: 227.6mg (9.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.17%), Vitamin C: 50mg (60.61%), Vitamin K: 25.68µg (24.45%), Iron: 3.75mg (20.81%), Potassium: 635.24mg (18.15%), Folate: 65.78µg (16.44%), Vitamin E: 2.32mg (15.48%), Vitamin B1: 0.21mg (13.78%), Fiber: 3.3g (13.21%), Vitamin B6: 0.24mg (12.22%), Manganese: 0.23mg (11.74%), Phosphorus: 107.19mg (10.72%), Vitamin B5: 0.94mg (9.43%), Magnesium: 31.57mg (7.89%), Copper: 0.15mg (7.71%), Vitamin B3: 1.54mg (7.68%), Vitamin B2: 0.11mg (6.4%), Calcium: 42.4mg (4.24%), Vitamin A: 140.7IU (2.81%), Zinc: 0.41mg (2.72%), Selenium: 1.18µg (1.69%)