



100%

Spiced cauliflower with chickpeas, herbs & pine nuts



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large head cauliflower (1kg in total)
- ☐ 2 garlic clove crushed
- ☐ 2 tsp cumin seeds
- ☐ 3 tbsp olive oil
- ☐ 400 g chickpeas drained and rinsed canned
- ☐ 100 g pinenuts
- ☐ 1 small bunch optional: dill

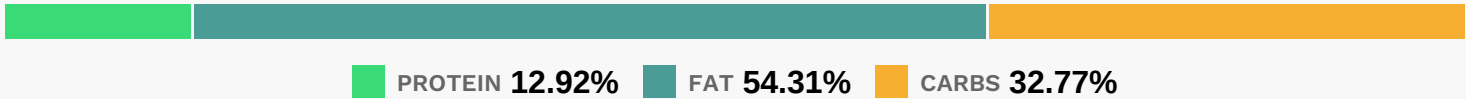
Equipment

☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Toss the cauliflower, garlic, spices, 2 tbsp oil and some seasoning in a roasting tin, then roast for 30 mins.
- ☐ Add the chickpeas, pine nuts and remaining oil to the tin, then cook for 10 mins more. To serve, stir in the herbs with your chosen dressing.

Nutrition Facts



Properties

Glycemic Index:26.94, Glycemic Load:7.26, Inflammation Score:-8, Nutrition Score:31.855217617491%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 483.85kcal (24.19%), Fat: 31.02g (47.73%), Saturated Fat: 3.23g (20.21%), Carbohydrates: 42.11g (14.04%), Net Carbohydrates: 29.24g (10.63%), Sugar: 9.75g (10.83%), Cholesterol: 0mg (0%), Sodium: 72.88mg (3.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.61g (33.22%), Manganese: 3.62mg (180.96%), Vitamin C: 103.48mg (125.43%), Folate: 300.73µg (75.18%), Vitamin K: 56.43µg (53.74%), Fiber: 12.87g (51.49%), Phosphorus: 411.85mg (41.18%), Copper: 0.78mg (38.89%), Magnesium: 146.61mg (36.65%), Iron: 5.95mg (33.07%), Potassium: 1094.89mg (31.28%), Vitamin E: 4.4mg (29.32%), Vitamin B6: 0.57mg (28.63%), Zinc: 3.78mg (25.2%), Vitamin B1: 0.32mg (21.45%), Vitamin B5: 1.77mg (17.75%), Vitamin B2: 0.25mg (14.8%), Vitamin B3: 2.75mg (13.75%), Calcium: 112.32mg (11.23%), Selenium: 5.4µg (7.72%), Vitamin A: 67.01IU (1.34%)