



Spicy cauliflower



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



103 kcal

SIDE DISH

Ingredients

- ☐ 6 tbsp vegetable oil
- ☐ 1 large piece ginger finely chopped
- ☐ 2 tsp chilli flakes
- ☐ 2 tbsp cumin seed
- ☐ 2 tsp turmeric
- ☐ 1 pieces ¼kg cauliflower (after trimming and removing leaves)
- ☐ 1 small bunch coriander chopped

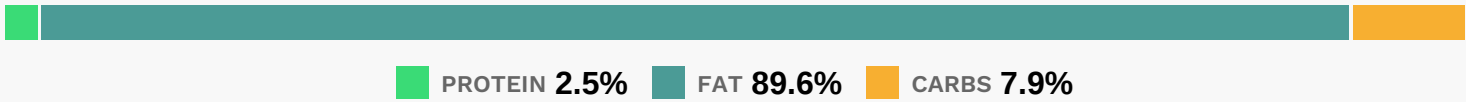
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat the oil in a big pan or wok with a lid, then add the ginger and spices. Swirl everything around for a few secs until the spices are aromatic. Reduce the heat, then stir in the cauliflower and some seasoning.
- ☐ Put the lid on and cook for 10 mins or until softened, stirring occasionally.
- ☐ Sprinkle over the coriander before serving.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:0.19, Inflammation Score:-10, Nutrition Score:3.6147826365803%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 103.42kcal (5.17%), Fat: 10.71g (16.48%), Saturated Fat: 1.63g (10.17%), Carbohydrates: 2.13g (0.71%), Net Carbohydrates: 1.37g (0.5%), Sugar: 0.37g (0.41%), Cholesterol: 0mg (0%), Sodium: 15.52mg (0.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.34%), Vitamin K: 24.61µg (23.44%), Vitamin C: 7.02mg (8.51%), Iron: 1.39mg (7.73%), Vitamin E: 1.13mg (7.53%), Manganese: 0.13mg (6.43%), Vitamin A: 234.78IU (4.7%), Fiber: 0.76g (3.04%), Potassium: 99.29mg (2.84%), Vitamin B6: 0.05mg (2.72%), Magnesium: 9.94mg (2.48%), Folate: 8.84µg (2.21%), Calcium: 20.37mg (2.04%), Phosphorus: 17.12mg (1.71%), Copper: 0.03mg (1.54%), Vitamin B1: 0.02mg (1.27%), Vitamin B2: 0.02mg (1.23%), Vitamin B3: 0.24mg (1.2%), Zinc: 0.16mg (1.08%), Vitamin B5: 0.1mg (1.01%)