



WHATSheATE



Tandoori-Style Cauliflower (Tandoori Gobhi)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



84 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaves
- ☐ 1.5 teaspoons canola oil
- ☐ 2 cardamom pods
- ☐ 6 cups cauliflower florets
- ☐ 1 stick cinnamon (1-inch)
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1.5 teaspoons ginger fresh grated peeled
- ☐ 3 garlic clove minced

- ☐ 0.5 ounce blanched almonds and finely
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 teaspoon turmeric
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 6 tablespoons yogurt plain whole
- ☐ 0.3 cup water
- ☐ 3 cups water
- ☐ 1.5 cups onion white chopped

Equipment

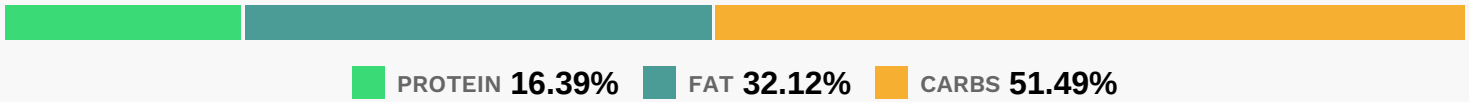
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ To prepare cauliflower, bring first 3 ingredients to a boil in a large saucepan.
- ☐ Add cauliflower florets; cover, reduce heat, and simmer 5 minutes or just until tender (do not overcook).
- ☐ Drain.
- ☐ To prepare spice mix, combine cardamom, cloves, cinnamon, and bay leaf in a medium nonstick skillet; cook over medium heat 2 minutes or until toasted and fragrant.
- ☐ Place mixture in a coffee or spice grinder; process until ground.
- ☐ To prepare sauce, heat oil in skillet over medium heat.
- ☐ Add onion; saut 8 minutes or until lightly browned. Stir in cardamom mixture, almonds, and next 5 ingredients (through garlic); cook 2 minutes.

- ☐ Remove from heat; cool slightly.
- ☐ Preheat oven to 35
- ☐ Place onion mixture and 1/3 cup water in a blender, and process until almost smooth, scraping sides of blender occasionally.
- ☐ Place onion mixture in skillet; gradually stir in yogurt. Cook over low heat 5 minutes, stirring frequently.
- ☐ Place cauliflower in a shallow 2-quart baking dish; pour onion mixture over cauliflower, tossing to coat.
- ☐ Bake at 350 for 20 minutes or until thoroughly heated and just beginning to brown.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:33.67, Glycemic Load:2.14, Inflammation Score:-9, Nutrition Score:10.646956459336%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.05mg, Quercetin: 9.05mg, Quercetin: 9.05mg, Quercetin: 9.05mg

Nutrients (% of daily need)

Calories: 83.74kcal (4.19%), Fat: 3.32g (5.1%), Saturated Fat: 0.75g (4.7%), Carbohydrates: 11.96g (3.99%), Net Carbohydrates: 8.42g (3.06%), Sugar: 4.77g (5.3%), Cholesterol: 2.6mg (0.87%), Sodium: 630.11mg (27.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.61%), Vitamin C: 53.18mg (64.46%), Manganese: 0.59mg (29.31%), Vitamin K: 18.78µg (17.88%), Folate: 68.39µg (17.1%), Fiber: 3.54g (14.16%), Vitamin B6: 0.27mg (13.52%), Potassium: 434.18mg (12.41%), Phosphorus: 91.22mg (9.12%), Vitamin B5: 0.82mg (8.21%), Magnesium: 32.32mg (8.08%), Calcium: 77.64mg (7.76%), Vitamin B2: 0.12mg (7.17%), Vitamin E: 0.9mg (6.02%), Copper: 0.12mg (5.78%), Vitamin B1: 0.08mg (5.66%), Iron: 0.86mg (4.8%), Zinc: 0.63mg (4.23%), Vitamin B3: 0.71mg (3.53%), Selenium: 1.58µg (2.25%), Vitamin A: 103.46IU (2.07%), Vitamin B12: 0.07µg (1.23%)