



WHATSheATE



The Crisper Whisperer: Andrew Carmellini's Cauliflower



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



213 kcal

SIDE DISH

Ingredients

- ☐ 1 medium bosc pear
- ☐ 0.5 medium head cauliflower cut into small florets
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 4 sage fresh julienned
- ☐ 0.5 cup hazelnuts
- ☐ 4 servings pepper black freshly ground
- ☐ 3 tablespoons butter unsalted

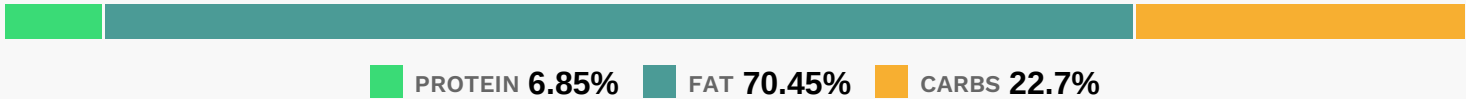
Equipment

☐ frying pan

Directions

- ☐ Set heavy 12-inch skillet over medium heat.
- ☐ Pour in hazelnuts. Cook, shaking the pan occasionally, until skins have turned dark brown in spots and begun to split, about 15 minutes. While hot, carefully pour hazelnuts into center of clean dishtowel. Rub together to remove skins. When hazelnuts are cool enough to handle, finely chop and set aside.
- ☐ Wipe out skillet to remove any hazelnut bits. Set over medium-high heat.
- ☐ Add butter and cook until bubbly and beginning to turn brown.
- ☐ Add cauliflower, sage, chopped hazelnuts, and a few generous pinches of salt and pepper and cook, stirring occasionally, until cauliflower is tender and has caramelized in spots, 10 to 15 minutes.
- ☐ Quarter and core pear and slice thinly.
- ☐ Add pear and parsley to cauliflower mixture, stir to distribute, and taste for seasoning.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:36.94, Glycemic Load:2.84, Inflammation Score:-6, Nutrition Score:12.789999948895%

Flavonoids

Cyanidin: 1.92mg, Cyanidin: 1.92mg, Cyanidin: 1.92mg, Cyanidin: 1.92mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.13mg, Isorhamnetin:

0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 213.49kcal (10.67%), Fat: 17.91g (27.56%), Saturated Fat: 6.17g (38.56%), Carbohydrates: 12.98g (4.33%), Net Carbohydrates: 8.65g (3.14%), Sugar: 6.38g (7.09%), Cholesterol: 22.58mg (7.53%), Sodium: 23.74mg (1.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.84%), Manganese: 1.08mg (53.89%), Vitamin C: 38.83mg (47.07%), Vitamin K: 32.53µg (30.98%), Copper: 0.45mg (22.5%), Vitamin E: 2.61mg (17.42%), Fiber: 4.33g (17.33%), Folate: 62.89µg (15.72%), Vitamin B6: 0.23mg (11.56%), Potassium: 378.09mg (10.8%), Magnesium: 39.3mg (9.82%), Vitamin B1: 0.14mg (9.29%), Phosphorus: 83.74mg (8.37%), Vitamin A: 361.31IU (7.23%), Vitamin B5: 0.66mg (6.56%), Iron: 1.17mg (6.47%), Vitamin B2: 0.08mg (4.5%), Zinc: 0.63mg (4.19%), Calcium: 41.53mg (4.15%), Vitamin B3: 0.72mg (3.62%), Selenium: 0.95µg (1.35%), Vitamin D: 0.16µg (1.05%)