



Whole Roasted Cauliflower with Whipped Goat Cheese



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



376 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaves
- ☐ 1 head cauliflower
- ☐ 6 servings sea salt (for serving)
- ☐ 3 ounces cream cheese
- ☐ 2.5 cups wine dry white
- ☐ 3 ounces feta cheese
- ☐ 4 ounces goat cheese fresh

- ☐ 0.3 cup cup heavy whipping cream
- ☐ 0.3 cup kosher salt
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil plus more for serving
- ☐ 1 tablespoon pepper red crushed
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons butter unsalted

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ pot

Directions

- ☐ Preheat oven to 475°F. Bring wine, oil, kosher salt, juice, butter, red pepper flakes, sugar, bay leaf, and 8 cups water to a boil in a large pot.
- ☐ Add cauliflower, reduce heat, and simmer, turning occasionally, until a knife easily inserts into center, 15–20 minutes.
- ☐ Using 2 slotted spoons or a mesh spider, transfer cauliflower to a rimmed baking sheet, draining well. Roast, rotating sheet halfway through, until brown all over, 30–40 minutes.
- ☐ While cauliflower is roasting, blend goat cheese, cream cheese, feta, cream, and 2 tablespoons oil in a food processor until smooth; season with sea salt.
- ☐ Transfer whipped goat cheese to a serving bowl and drizzle with oil.
- ☐ Transfer cauliflower to a plate.
- ☐ Drizzle with oil; sprinkle with sea salt.
- ☐ Serve with whipped goat cheese.
- ☐ DO AHEAD: Whipped goat cheese can be made 1 day ahead. Cover; chill.

Nutrition Facts

PROTEIN 11.31% FAT 73.13% CARBS 15.56%

Properties

Glycemic Index:28.52, Glycemic Load:3.06, Inflammation Score:-8, Nutrition Score:13.716956397761%

Flavonoids

Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.49mg, Hesperetin: 1.49mg, Hesperetin: 1.49mg, Hesperetin: 1.49mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 375.86kcal (18.79%), Fat: 25.62g (39.41%), Saturated Fat: 13.75g (85.91%), Carbohydrates: 12.26g (4.09%), Net Carbohydrates: 9.85g (3.58%), Sugar: 6.16g (6.85%), Cholesterol: 60.6mg (20.2%), Sodium: 5244.89mg (228.04%), Alcohol: 10.3g (100%), Alcohol %: 4.51% (100%), Protein: 8.92g (17.83%), Vitamin C: 49.19mg (59.62%), Vitamin A: 1153.22IU (23.06%), Vitamin K: 21.12µg (20.11%), Vitamin B2: 0.34mg (19.83%), Vitamin B6: 0.38mg (18.9%), Phosphorus: 184.89mg (18.49%), Folate: 66.28µg (16.57%), Manganese: 0.33mg (16.4%), Calcium: 158.12mg (15.81%), Potassium: 438.55mg (12.53%), Vitamin E: 1.68mg (11.2%), Vitamin B5: 1.09mg (10.91%), Copper: 0.21mg (10.38%), Fiber: 2.41g (9.63%), Magnesium: 34.97mg (8.74%), Iron: 1.47mg (8.15%), Zinc: 1.14mg (7.61%), Selenium: 5.3µg (7.57%), Vitamin B1: 0.1mg (6.62%), Vitamin B12: 0.34µg (5.6%), Vitamin B3: 1mg (5%), Vitamin D: 0.41µg (2.76%)