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## Roasted Cauliflower ••

A delicious vegetarian recipe featuring roasted cauliflower. This dish is perfect as a side or main course. The cauliflower is seasoned with herbs and spices and roasted to perfection, resulting in a flavorful and healthy dish.

**Recipe Type:** Vegetarian

**Prep Time:** 10 mins

**Cook Time:** 30 mins

**Total Time:** 40 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>500 g</b>	cauliflower
<b>2 tbsp</b>	olive oil
<b>2 tsp</b>	garlic powder
<b>1 tsp</b>	paprika
<b>1 tsp</b>	salt

1 tsp black pepper

## Directions

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### Step 1

#### Preheating

Preheat the oven to 425°F (220°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Cutting

Cut the cauliflower into florets.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Mixing

In a large bowl, toss the cauliflower florets with olive oil, garlic powder, paprika, salt, and black pepper until well coated.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Baking

Spread the cauliflower florets in a single layer on a baking sheet.

**Prep Time:** 0 mins

**Cook Time:** 30 mins

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## Step 5

Baking

Roast in the preheated oven for 25-30 minutes, or until the cauliflower is tender and lightly browned.

**Prep Time:** 0 mins

**Cook Time:** 30 mins

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## Step 6

Serving

Serve hot as a side dish or main course.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 150 kcal

**Fat:** 6 g

**Protein:** 6 g

**Carbohydrates:** 21 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	21 g	38.18%	42%
Fibers	8 g	21.05%	32%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	150 mg	166.67%	200%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	8 mg	0.8%	0.8%
Iron	8 mg	100%	44.44%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	15 mg	0.44%	0.58%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Spring Summer Fall

### Events

Picnic

### Course

Salads Snacks

### Cultural

Chinese New Year Thanksgiving Easter

### Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40 \$40 to \$50 Over \$50

### Demographics

Kids Friendly Senior Friendly Teen Friendly Pregnancy Safe Allergy Friendly

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Medium

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