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Spiced Roasted Cauliflower ♦

Spiced roasted cauliflower is a flavorful and healthy vegan dish. It is made by roasting cauliflower florets with a blend of spices, resulting in a delicious and nutritious dish. The cauliflower is crispy on the outside and tender on the inside, with a hint of spice.

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: 25 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	cauliflower
2 tbsp	olive oil
1 tsp	Paprika
1 tsp	Cumin
1 tsp	Coriander

1 tsp	Turmeric
1 tsp	Salt
0.5 tsp	Black pepper

Directions

Step 1

Preheating

Preheat the oven to 425°F (220°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Cut the cauliflower into florets.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine the cauliflower florets, olive oil, paprika, cumin, coriander, turmeric, salt, and black pepper. Toss until the cauliflower is evenly coated with the

spices.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Roasting

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

Prep Time: 0 mins

Cook Time: 25 mins

Step 5

Roasting

Roast the cauliflower in the preheated oven for 25 minutes, or until golden brown and crispy.

Prep Time: 0 mins

Cook Time: 25 mins

Step 6

Serving

Remove from the oven and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 100 kcal

Fat: 5 g

Protein: 5 g

Carbohydrates: 12 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	12 g	21.82%	24%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	70 mg	77.78%	93.33%
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	300 mg	13.04%	13.04%
Calcium	4 mg	0.4%	0.4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	8 mg	100%	44.44%
Potassium	15 mg	0.44%	0.58%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Cuisines

Mediterranean

Course

Drinks Salads Soups Snacks Sauces & Dressings

Diet

Nutrient Timing Diet The Swiss Secret Diet The Mayo Clinic Diet
 The Werewolf Diet The Master Cleanse Diet The Cambridge Diet
 The Best Life Diet The Eat-Clean Diet The Peanut Butter Diet
 The Starch Solution Diet The BRAT Diet (Bananas, Rice, Applesauce, Toast)

Meal Type

Supper

Difficulty Level

Medium

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