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# Lemony Roasted Cauliflower Risotto

This lemony roasted cauliflower risotto is a delicious and healthy vegetarian dish. The cauliflower is roasted to bring out its natural sweetness and paired with creamy Arborio rice. The lemon adds a refreshing citrusy flavor that balances the richness of the risotto. It's a perfect dish for a cozy dinner or a special occasion.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** 40 mins

**Total Time:** 55 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

## Ingredients

<b>500 g</b>	cauliflower
<b>200 g</b>	Arborio rice
<b>800 ml</b>	vegetable broth
<b>2 tbsp</b>	Olive oil

<b>1</b>	onion
<b>medium</b>	
<b>2</b>	garlic
<b>cloves</b>	
<b>2 juice</b>	Lemon
<b>50 g</b>	Parmesan Cheese
<b>10 g</b>	fresh parsley
<b>1 tsp</b>	Salt
<b>0.5 tsp</b>	Black pepper

## Directions

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### Step 1

#### Preheating

Preheat the oven to 400°F (200°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

#### Roasting

Cut the cauliflower into florets and place them on a baking sheet. Drizzle with olive oil, salt, and black pepper. Roast in the preheated oven for 25 minutes or until golden brown.

**Prep Time:** 10 mins

**Cook Time:** 25 mins

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### Step 3

Sautéing

In a large saucepan, heat 1 tablespoon of olive oil over medium heat. Add the chopped onion and minced garlic. Cook until the onion is translucent, about 5 minutes.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 4

Stirring

Add the Arborio rice to the saucepan and stir to coat it with the oil. Cook for 2 minutes, stirring constantly.

**Prep Time:** 2 mins

**Cook Time:** 2 mins

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### Step 5

Stirring

Add 1/2 cup of vegetable broth to the saucepan and stir until the liquid is absorbed. Continue adding the broth, 1/2 cup at a time, stirring frequently, until the rice is cooked al dente, about 20 minutes.

**Prep Time:** 5 mins

**Cook Time:** 20 mins

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## Step 6

**Stirring**

Remove the roasted cauliflower from the oven and add it to the risotto. Stir in the lemon juice and grated Parmesan cheese. Cook for an additional 2 minutes to heat through.

**Prep Time:** 2 mins

**Cook Time:** 2 mins

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## Step 7

**Serving**

Serve the lemony roasted cauliflower risotto hot, garnished with fresh parsley.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 220 kcal

**Fat:** 4 g

**Protein:** 7 g

**Carbohydrates: 38 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	7 g	41.18%	41.18%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	38 g	69.09%	76%
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	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	5 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	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

# Recipe Attributes

## Seasonality

Summer Fall

## Events

Christmas

## Cuisines

Italian Chinese Mediterranean Korean

## Nutritional Content

Low Fat Low Carb High Fiber Low Sodium High Vitamin C

## Kitchen Tools

Blender

## Course

Appetizers Main Dishes Side Dishes Salads Soups Sauces & Dressings

## Cultural

Chinese New Year

## Meal Type

Lunch Dinner Snack

## Difficulty Level

Medium

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