

Recipe: Rosemary Roasted Cauliflower and Pine Nuts

Rosemary Roasted Cauliflower and Pine Nuts

Number of Servings: 4 (172.31 g per serving)

Weight: 689.25 g

Recipe

Item Name	Quantity	Measure
Cauliflower, fresh, head, med	1	Each
Garlic, cloves, fresh	3	Each
Herb, rosemary, fresh	2	Tablespoon
Oil, olive, extra virgin	1/8	Cup
Nuts, pine	2	Ounce-w...
Salt, table	1	Teaspoon
Spice, pepper, black, ground	1.5	Teaspoon

Nutrients

Nutrients	Per Servi...	Nutrients	Per Servi...
Basic Components		Biotin (mcg)	--
Gram Weight (g)	172.31	Vitamin C (mg)	89.27
Calories (kcal)	206.91	Vitamin D - IU (IU)	0
Calories from Fat (kcal)	145.57	Vitamin D - mcg (mcg)	0
Calories from SatFat (kcal)	27.41	Vitamin E - Alpha-Toco (mg)	0.87
Protein (g)	5.64	Folate (mcg)	1.21
Carbohydrates (g)	10.93	Folate, DFE (mcg)	1.21
Dietary Fiber (g)	4.45	Vitamin K (mcg)	0.04
Soluble Fiber (g)	0	Pantothenic Acid (mg)	0.02
Total Sugars (g)	3.41	Minerals	
Monosaccharides (g)	0.06	Calcium (mg)	43.02
Disaccharides (g)	0.39	Chromium (mcg)	0.01
Other Carbs (g)	2.68	Copper (mg)	0.01
Fat (g)	16.17	Fluoride (mg)	0.00
Saturated Fat (g)	3.05	Iodine (mcg)	--
Mono Fat (g)	8.18	Iron (mg)	1.60
Poly Fat (g)	4.91	Magnesium (mg)	1.53
Trans Fatty Acid (g)	0	Manganese (mg)	0.05

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Nutrients cont.

Nutrients	Per Servi...	Nutrients	Per Servi...
Cholesterol (mg)	0.07	Molybdenum (mcg)	--
Water (g)	136.60	Phosphorus (mg)	4.14
Vitamins		Potassium (mg)	413.22
Vitamin A - IU (IU)	39.56	Selenium (mcg)	0.32
Vitamin A - RAE (RAE)	1.98	Sodium (mg)	633.28
Carotenoid RE (RE)	3.96	Zinc (mg)	0.04
Retinol RE (RE)	0	Other Fats	
Beta-Carotene (mcg)	5.31	Omega 3 Fatty Acid (g)	0.05
Vitamin B1 (mg)	0.00	Omega 6 Fatty Acid (g)	0.57
Vitamin B2 (mg)	0.00	Other Nutrients	
Vitamin B3 (mg)	0.03	Alcohol (g)	0
Vitamin B3 - Niacin Equiv (mg)	0.06	Caffeine (mg)	0
Vitamin B6 (mg)	0.03	Choline (mg)	0.52
Vitamin B12 (mcg)	0		

Preparation Method

Preparation ...	Cook Time	Cook Temper...	Cook Method	Pan Size
35 minutes	25 minutes	425		

Preparation Method Instructions

Preheat oven to 425 degrees F. Break cauliflower apart into bite-size pieces. In medium bowl, mix all ingredients, making sure the cauliflower is evenly coated with the oil. Place in a shallow baking pan or on a baking sheet and bake uncovered 20 to 25 minutes or until lightly browned. This dish may be served warm, or cold. Both are delicious!

Multi-Column

Nutrients	Per Servi...	Per 100g	Nutrients	Per Servi...	Per 100g
Basic Components			Biotin (mcg)	--	--
Gram Weight (g)	172.31	100.00	Vitamin C (mg)	89.27	51.81
Calories (kcal)	206.91	120.08	Vitamin D - IU (IU)	0	0
Calories from Fat (kcal)	145.57	84.48	Vitamin D - mcg (mcg)	0	0

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Multi-Column cont.

Nutrients	Per Servi...	Per 100g	Nutrients	Per Servi...	Per 100g
Calories from SatFat (kcal)	27.41	15.91	Vitamin E - Alpha-Toco (mg)	0.87	0.50
Protein (g)	5.64	3.28	Folate (mcg)	1.21	0.70
Carbohydrates (g)	10.93	6.34	Folate, DFE (mcg)	1.21	0.70
Dietary Fiber (g)	4.45	2.58	Vitamin K (mcg)	0.04	0.02
Soluble Fiber (g)	0	0	Pantothenic Acid (mg)	0.02	0.01
Total Sugars (g)	3.41	1.98	Minerals		
Monosaccharides (g)	0.06	0.03	Calcium (mg)	43.02	24.96
Disaccharides (g)	0.39	0.23	Chromium (mcg)	0.01	0.01
Other Carbs (g)	2.68	1.55	Copper (mg)	0.01	0.01
Fat (g)	16.17	9.39	Fluoride (mg)	0.00	0.00
Saturated Fat (g)	3.05	1.77	Iodine (mcg)	--	--
Mono Fat (g)	8.18	4.75	Iron (mg)	1.60	0.93
Poly Fat (g)	4.91	2.85	Magnesium (mg)	1.53	0.89
Trans Fatty Acid (g)	0	0	Manganese (mg)	0.05	0.03
Cholesterol (mg)	0.07	0.04	Molybdenum (mcg)	--	--
Water (g)	136.60	79.28	Phosphorus (mg)	4.14	2.40
Vitamins			Potassium (mg)	413.22	239.81
Vitamin A - IU (IU)	39.56	22.96	Selenium (mcg)	0.32	0.19
Vitamin A - RAE (RAE)	1.98	1.15	Sodium (mg)	633.28	367.52
Carotenoid RE (RE)	3.96	2.30	Zinc (mg)	0.04	0.02
Retinol RE (RE)	0	0	Other Fats		
Beta-Carotene (mcg)	5.31	3.08	Omega 3 Fatty Acid (g)	0.05	0.03
Vitamin B1 (mg)	0.00	0.00	Omega 6 Fatty Acid (g)	0.57	0.33
Vitamin B2 (mg)	0.00	0.00	Other Nutrients		
Vitamin B3 (mg)	0.03	0.01	Alcohol (g)	0	0
Vitamin B3 - Niacin Equiv (mg)	0.06	0.03	Caffeine (mg)	0	0
Vitamin B6 (mg)	0.03	0.02	Choline (mg)	0.52	0.30
Vitamin B12 (mcg)	0	0			