



## Roasted Cauliflower

Use other spices to change the flavor profile of the dish. Try adding red pepper flakes and basil for an Italian twist!

### U.S.

1 medium	Cauliflower
2 Tbsp	Olive Oil
1/4 tsp	Garlic Powder
1/4 tsp	Salt, Kosher
1/8 tsp	Black Pepper, ground
2 Tbsp	Lemon Juice

### Metric

1 medium
30 mL
0.8 g
1.5 g
0.3 g
30 mL

### **Preparation:**

1. Gather all ingredients and equipment.
2. Preheat oven to 350°F (180°C).
3. Remove stem and core from the cauliflower and cut into small florets.
4. Toss the cauliflower florets with the rest of the ingredients and place on a parchment paper lined baking sheet.
5. Bake until cauliflower is golden brown and tender, about 25-35 minutes.

---

## Nutrition Facts

---

3 Servings

**Serving size**                    **1 cup**

---

**Amount per serving**

**Calories**                         **80**

Calories from Fat                50

**Total Fat**                        6 g

    Saturated Fat                 1 g

    Trans Fat                      0 g

    Monounsaturated Fat        4 g

**Cholesterol**                    0 mg

**Sodium**                         130 mg

**Total Carbohydrate**         6 g

    Dietary Fiber                 2 g

    Total Sugars                 2 g

    Includes \_\_\_g Added Sugars

**Protein**                         2 g

Vitamin D                        0 %

Calcium                         2 %

Iron                              2 %

Potassium                       0 mg

Phosphorus                     53 mg

---