SPANISH · SIDE

Spanish Garlic and Paprika Cauliflower

Coliflor al ajo y pimentón

30 min · Serves 4 · 104 kcal a serve · Video 7:24 · Spain on a Fork

Vegan · Paleo · Gluten-free ingredients · No nuts listed

Only 6 g net carbs a serve: cauliflower in a smoked paprika and garlic olive oil, with no flour, cheese or butter. Rich in vitamin C.

Diet notes: Keto (5.8 g net carbs a serve); Low saturated fat (1.1 g, 9.5% of the energy); DASH-friendly (140 mg sodium a serve).

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Ingredients 6 · SERVES 4

- [ ] 1 head **fresh cauliflower**, cut into bite-size florets
- [ ] 2 tbsp (2 tbsp) extra **virgin olive oil**
- [ ] 6 **garlic** cloves, roughly chopped
- [ ] 1 tsp **sweet smoked Spanish paprika**
- [ ] **Salt**: a pinch of sea salt (plus some for the cooking water) and black pepper
- [ ] a handful of **fresh parsley**, finely chopped

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Half-fill a stockpot with cold water, add some salt and bring to a boil over high heat. 0:46
2. Remove the leaves and stem from the cauliflower, break it into florets and cut them bite-size. Rinse in a colander. 1:07
3. Add the florets to the boiling water in batches and boil 4–6 minutes, until a toothpick goes in with a little resistance. Drain well. 2:22
4. Warm 2 tbsp olive oil in a large pan over medium-low heat for a few minutes, then stir the garlic in it for about a minute until fragrant. 3:22
5. Stir in the paprika, add the cauliflower, season with a pinch of salt and pepper and toss until coated and hot. Serve with parsley. 4:25

> **Tip** Don't overcook the florets; they finish heating in the pan and should keep some bite.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
104 kcal 430 kJ	**3.1** g 6% of a day	**8.9** g 5.8 g net · 2.8 g sugars 3% of a day	**3.2** g 11% of a day	**7.3** g 1.1 g saturated 9% of a day	**140** mg 6% of a day

Energy from net carbs 23% · protein 12% · fat 65% — fits keto: 5.8 g net carbs, 65% of the energy from fat

High in (20%+ of a day) Vitamin C 79% · Vitamin K 49% · Folate 21%

Source of (10–19%) Vitamin B6 19% · Potassium 10%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=T7bN3f70B44. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/coliflor-al-ajo-y-pimenton