AMERICAN · SIDE

Parmesan-Roasted Cauliflower

45 min · Serves 6 · 165 kcal a serve · Video 3:08 · Food Network

Gluten-free ingredients · Nut-free

Roasting brings out cauliflower's natural sweetness without crumbs or flour: each serve has vitamin C, fibre and about 4 g net carbs, with the cheese adding some protein and calcium.

Diet notes: Keto (3.8 g net carbs a serve); Vegetarian with a vegetarian hard cheese instead of the freshly grated Gruyère and freshly grated parmesan (traditionally made with animal rennet).

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Ingredients

7 · SERVES 6

- [ ] 1 large head **cauliflower**, cut into florets (stems discarded)
- [ ] **Olive oil**: 3 tbsp good olive oil
- [ ] **kosher salt**, to taste (the cook seasons generously)
- [ ] **freshly ground black pepper**, to taste
- [ ] 240 ml **freshly grated parmesan**
- [ ] 240 ml **freshly grated Gruyère**
- [ ] chopped **parsley**, to serve (optional)

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

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 180°C. Remove the outer leaves and cut the cauliflower into florets, discarding the stems. Spread them on a sheet pan. 0:44
2. Drizzle with the olive oil, season generously with salt and pepper and toss well. 1:20
3. Roast for 30 minutes, tossing once, until tender and starting to brown. 1:37
4. Sprinkle over the parmesan and Gruyère and return to the oven for 1–2 minutes, just until the cheese melts. Season to taste, scatter with parsley and serve hot or warm. 1:57

> **Tip** Ina Garten's recipe, serves 6 as a side. Any hard cheese works in place of Gruyère. Leftovers reheat well in a hot oven.

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

One serve gives you

1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
165 kcal	8 g	6.1 g	2.2 g	13 g	620 mg
690 kJ	16% of a day	3.8 g net · 2.2 g sugars	8% of a day	4.6 g saturated	27% of a day
		2% of a day		16% of a day	

Energy from net carbs 9% · protein 19% · fat 72% — fits keto: 3.8 g net carbs, 72% of the energy from fat

High in (20%+ of a day) Vitamin C 59% · Vitamin K 27%

Source of (10–19%) Folate 16% · Calcium 15% · Vitamin B6 12%

Recipe and video: Food Network (@FoodNetwork) on YouTube — youtube.com/watch?v=4cnbxsN8oz8, published 12 March 2018. 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/keto-parmesan-roasted-cauliflower