

# STEAM-ROASTED INDIAN-SPICED CAULIFLOWER

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/simple-cauliflower-recipe-indian-hatch-chilies>

## Ingredients:

- 1 head cauliflower cut into very large florets, florets halved lengthwise to make flat surfaces
- 5 tablespoons vegetable oil divided
- kosher salt
- freshly ground black pepper
- 1 teaspoon ground coriander
- 2 tablespoons fresh ginger minced
- 1 teaspoon ground turmeric
- 1 pinch ground cayenne pepper
- 1 tablespoon fresh lemon juice

## Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 9 grams
3. Fat: 17 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. SaturatedFat: 1 grams
7. Sodium: 240 milligrams
8. Sugar: 3 grams
9. TransFat: 0.5 grams

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