

The seasonality on the table
continues, the precious
cauliflower!

NUTRI-lipidomics

Molecular nutrition and healthy diet



A beneficial “flower” on the table

Cauliflower is a vegetable characterized by peculiar functions; its high content in antioxidant vitamins, such as vitamin C and those of group B and phytochemicals, as well as fibers, of minerals such as manganese, copper, iron, calcium and potassium make it a valuable food.

This vegetable also contains choline, a molecule that helps sleep and strengthens the learning process. Its fiber content is important for intestinal transit and for the management of glycaemia and the intake of indole 3 carbinol makes it an irreplaceable ally for the prevention of breast and uterine tumors. When combined with good fats, it can become a tasty food as well as beneficial for health and prevention.

Walnut gratin green cauliflower

Recipe

Ingredients (2 people)

- 400 g of green cauliflower
- 10 g of walnuts
- 10 g of hazelnuts
- 30 g of grated stale bread
- 1 clove of garlic
- 20 g of extra virgin olive oil

Preparation:

Wash the cauliflower and divide it into florets. Steam it



until it becomes soft while maintaining its compactness.

Set it aside. In a mixer put the nuts in the garlic and the breadcrumbs and blend until the mixture is homogeneous. Place the cauliflower florets in a baking pan, sprinkle the mixture of nuts, garlic and breadcrumbs over it and season with extra virgin olive oil.

Bake at 130 degrees for 15 minutes.

Nutritional values per recipe and per person

	Kcal	Proteins (g)	Carbs (g)	Sugar (g)	Fats (g)	Saturated (g)	Mono- insaturated (g)	Polin- saturated (g)	Fibres (g)
Cauliflower	200	13,2	40		2,8	0,36	0,20	1,3	8
Walnuts	65,4	1,52	1,37	0,26	6,51	0,61	0,89	4,71	0,67
Hazelnuts	62,8	1,49	1,67	0,43	6,07	0,44	4,56	0,79	0,97
Grated stale bread	114,9	4,24	20,54	1,72	1,64	0,41	0,35	0,69	1,47
Garlic	5,96	0,25	1,32	0,04	0,02	0,003	0,001	0,01	0,084
EVO	265,2				30	0,53	21,88	3,15	
Per recipe	714,3	20,7	64,9	2,45	47,04	2,35	27,88	10,65	11,19
Per person	357,15	10,35	32,45	1,22	23,52	1,17	13,94	5,32	5,6

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The food recommendations in the article are not intended to replace a personalized food plan and are to be adapted to specific cases.

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