



## Baked Breaded Cauliflower

READY IN



45 min.

SERVINGS



6

CALORIES



260 kcal

SIDE DISH

### Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 pounds cauliflower cooked trimmed (see Note above)
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 cups half and half at room temperature
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 0.5 cup parmesan freshly grated (see Tip above)
- ☐ 0.8 teaspoon salt
- ☐ 6 large spring onion white trimmed finely chopped ( part only)
- ☐ 2.5 tablespoons butter unsalted

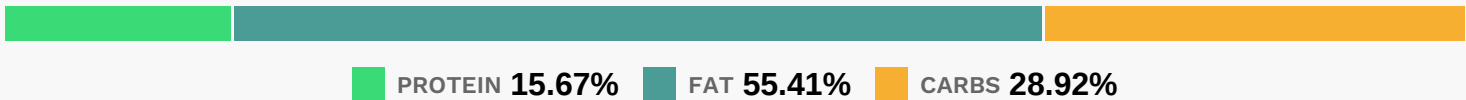
# Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pie form

# Directions

- ☐ Preheat oven to 375°F.
- ☐ Drain all liquid from cooked cauliflower, ease whole head into 9-inch pie pan generously coated with nonstick baking spray, and set aside.
- ☐ Melt butter in small heavy saucepan over moderately low heat.
- ☐ Add scallions and cook, stirring occasionally, 2 to 3 minutes until limp. Blend in flour, salt, pepper, and nutmeg and cook and stir 3 minutes.
- ☐ Whisking constantly, add half-and-half in slow, steady stream and continue whisking 5 to 8 minutes until thickened and no raw floury taste lingers.
- ☐ Add cheese and stir until melted. Carefully pour sauce over cauliflower and sprinkle with Topping.
- ☐ Slide onto middle oven shelf and bake uncovered about 20 minutes until lightly browned.
- ☐ Ease breaded cauliflower onto heated round platter and serve as an accompaniment to roast beef, lamb, or pork. Good, too, with roast chicken or turkey or baked ham.
- ☐ From From a Southern Oven: The Savories, the Sweets by Jean Anderson. Copyright © 2012 by Jean Anderson; photography copyright © 2012 by Jason Wyche. Published by John Wiley & Sons, Inc.

# Nutrition Facts



# Properties

Glycemic Index:44.67, Glycemic Load:4.73, Inflammation Score:-8, Nutrition Score:21.700434555178%

# Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

Nutrients (% of daily need)

Calories: 259.81kcal (12.99%), Fat: 16.95g (26.07%), Saturated Fat: 10.39g (64.93%), Carbohydrates: 19.9g (6.63%), Net Carbohydrates: 14.53g (5.28%), Sugar: 8.37g (9.31%), Cholesterol: 46.44mg (15.48%), Sodium: 546.21mg (23.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.78g (21.56%), Vitamin C: 114.75mg (139.09%), Vitamin K: 88.79µg (84.56%), Folate: 155.47µg (38.87%), Calcium: 256.06mg (25.61%), Phosphorus: 249.58mg (24.96%), Potassium: 869.54mg (24.84%), Vitamin B6: 0.48mg (24.15%), Manganese: 0.45mg (22.33%), Fiber: 5.36g (21.46%), Vitamin B2: 0.36mg (21.24%), Vitamin B5: 1.83mg (18.28%), Vitamin A: 746.75IU (14.94%), Magnesium: 52.29mg (13.07%), Vitamin B1: 0.19mg (12.34%), Selenium: 7.31µg (10.44%), Iron: 1.63mg (9.06%), Zinc: 1.29mg (8.61%), Vitamin B3: 1.62mg (8.1%), Copper: 0.13mg (6.48%), Vitamin E: 0.68mg (4.52%), Vitamin B12: 0.26µg (4.39%)