



Baked Cauliflower Casserole

 Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



354 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup bread crumbs fresh
- 7 ounce mushrooms drained sliced canned
- 1 head cauliflower cut into 1/2-inch pieces
- 16 ounce curd cottage cheese
- 6 eggs
- 2 tablespoons flour all-purpose
- 4 ounce chile peppers diced green canned
- 0.3 teaspoon ground pepper black

- 1 cup monterrey jack cheese shredded
- 6 ounce olives chopped canned
- 1 large onion chopped
- 0.5 teaspoon salt
- 1 cup cheddar cheese shredded
- 1 tablespoon vegetable oil

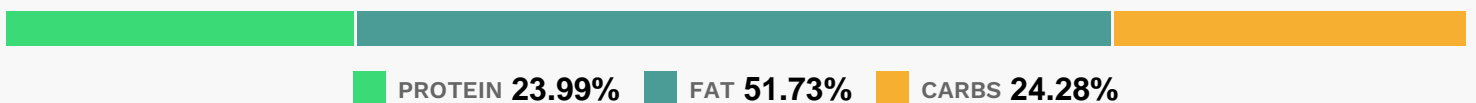
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Spray a 9x13-inch baking dish with cooking spray.
- Heat vegetable oil in a skillet over medium heat; cook and stir onion in hot oil until browned, 8 to 10 minutes.
- Transfer onion to a large bowl; add cauliflower, mushrooms, chiles, and olives.
- Beat eggs with flour in a separate bowl. Stir cottage cheese, Cheddar cheese, Monterey Jack cheese, salt, and black pepper into egg and flour mixture.
- Combine egg and cheese mixture with the vegetable mixture until well mixed.
- Spread cauliflower mixture into prepared baking dish; sprinkle with bread crumbs.
- Bake in the preheated oven until cauliflower is tender and bread crumbs are lightly browned on top, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:30.88, Glycemic Load:2.75, Inflammation Score:-7, Nutrition Score:18.437825949296%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 353.88kcal (17.69%), Fat: 20.68g (31.81%), Saturated Fat: 8.39g (52.44%), Carbohydrates: 21.84g (7.28%), Net Carbohydrates: 17.87g (6.5%), Sugar: 5.46g (6.07%), Cholesterol: 159.1mg (53.03%), Sodium: 1162.5mg (50.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.58g (43.15%), Vitamin C: 40.88mg (49.55%), Selenium: 27.49µg (39.28%), Phosphorus: 363.14mg (36.31%), Calcium: 335.14mg (33.51%), Vitamin B2: 0.48mg (28.44%), Folate: 101.51µg (25.38%), Vitamin B5: 1.71mg (17.14%), Vitamin B1: 0.25mg (16.77%), Fiber: 3.97g (15.87%), Manganese: 0.32mg (15.77%), Vitamin B6: 0.31mg (15.7%), Vitamin K: 16.43µg (15.65%), Zinc: 2.23mg (14.87%), Vitamin B12: 0.85µg (14.2%), Potassium: 455.38mg (13.01%), Iron: 2.32mg (12.88%), Vitamin A: 609.87IU (12.2%), Magnesium: 41.73mg (10.43%), Vitamin E: 1.56mg (10.4%), Copper: 0.21mg (10.33%), Vitamin B3: 2.03mg (10.14%), Vitamin D: 0.94µg (6.24%)