



Broccoli and Blue Cheese Gratin

 Vegetarian

READY IN



85 min.

SERVINGS



6

CALORIES



251 kcal

SIDE DISH

Ingredients

- 3 heads broccoli
- 3.5 tablespoons butter (unsalted plus more for the baking dish)
- 0.3 cup breadcrumbs (fresh)
- 2 tablespoons flour (plain all-purpose)
- 1.5 cups milk (whole)
- 0.5 teaspoon sea salt (fine)
- 0.5 teaspoon pepper (black freshly ground)
- 1 pinch ground pepper

- 1.5 ounces cheese blue crumbled (preferably Bleu d'Auvergne or Gorgonzola,)

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- baking pan

Directions

- Preheat the oven to 350°F (176°C). Lightly butter a gratin or 8- or 9-inch baking dish.
- Trim and discard the thick stalks from the broccoli.
- Cut each head in half lengthwise.
- Place the broccoli in a steamer rack set over boiling water, cover, and steam until easily pierced with a fork, 7 to 12 minutes or so, depending on the size.
- Drain and rinse the broccoli under cold running water, then coarsely chop it.
- Drain it again, then transfer it to a bowl.
- Meanwhile, in a skillet over medium heat, melt 1/2 to 1 tablespoon of the butter.
- Add the bread crumbs and cook, stirring, until golden, 3 to 5 minutes.
- Remove from the heat, transfer to a plate, and set aside.
- In a saucepan over medium-high heat, melt 2 tablespoons of the butter. When the butter has melted, remove the pan from the heat and whisk in the flour until smooth.
- Return the pan to low heat and slowly pour in 1/2 cup of the milk, whisking constantly. Reduce the heat to low and simmer, stirring occasionally, until thickened, 5 to 7 minutes.
- Slowly whisk in another 1/2 cup of milk.
- Add the salt, black pepper, and cayenne pepper. Continue to simmer, stirring occasionally, until the mixture has thickened again, about 5 minutes.
- Whisk in the remaining 1/2 cup milk and simmer until thick enough to coat the back of a spoon, about 5 minutes longer. Stir in the blue cheese and cook, stirring, just until melted,

about 2 minutes.

- Remove from the heat.
- Pour the sauce over the broccoli and turn gently to mix. Spoon the mixture into the prepared gratin dish, smooth the surface, and top with the buttered bread crumbs.
- Cut the remaining butter into bits and dot the top.
- Bake until bubbling around the edges and golden on top, about 20 minutes.
- Serve hot.

Nutrition Facts

PROTEIN 19.03% **FAT 39.42%** **CARBS 41.55%**

Properties

Glycemic Index:39.33, Glycemic Load:6.46, Inflammation Score:-10, Nutrition Score:29.050000004146%

Flavonoids

Luteolin: 2.43mg, Luteolin: 2.43mg, Luteolin: 2.43mg, Luteolin: 2.43mg Kaempferol: 23.83mg, Kaempferol: 23.83mg, Kaempferol: 23.83mg, Kaempferol: 23.83mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 9.91mg, Quercetin: 9.91mg, Quercetin: 9.91mg, Quercetin: 9.91mg

Nutrients (% of daily need)

Calories: 250.88kcal (12.54%), Fat: 12.01g (18.47%), Saturated Fat: 7.06g (44.14%), Carbohydrates: 28.47g (9.49%), Net Carbohydrates: 20.25g (7.36%), Sugar: 8.43g (9.37%), Cholesterol: 30.19mg (10.06%), Sodium: 432.72mg (18.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.04g (26.08%), Vitamin C: 271.18mg (328.7%), Vitamin K: 311.6µg (296.76%), Folate: 203.75µg (50.94%), Vitamin A: 2258.75IU (45.17%), Manganese: 0.72mg (36.11%), Fiber: 8.22g (32.88%), Potassium: 1086.33mg (31.04%), Phosphorus: 302.08mg (30.21%), Vitamin B2: 0.5mg (29.45%), Vitamin B6: 0.59mg (29.43%), Calcium: 266.78mg (26.68%), Vitamin B5: 2.14mg (21.39%), Vitamin B1: 0.32mg (21.06%), Magnesium: 75.75mg (18.94%), Vitamin E: 2.62mg (17.47%), Selenium: 11.86µg (16.94%), Iron: 2.6mg (14.42%), Vitamin B3: 2.53mg (12.66%), Zinc: 1.78mg (11.85%), Copper: 0.17mg (8.56%), Vitamin B12: 0.45µg (7.42%), Vitamin D: 0.83µg (5.53%)