



Broccoli And Cauliflower Augratin

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



255 kcal

SIDE DISH

Ingredients

- ☐ 2 cups broccoli florets fresh coarsely chopped
- ☐ 2 cups cauliflower florets fresh coarsely chopped
- ☐ 0.5 cup milk fat-free
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 small garlic cloves minced
- ☐ 1 teaspoon olive oil
- ☐ 0.5 teaspoon paprika
- ☐ 0.3 teaspoon pepper

- ☐ 0.3 teaspoon salt
- ☐ 4 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 1 cup breadcrumbs fresh whole-wheat

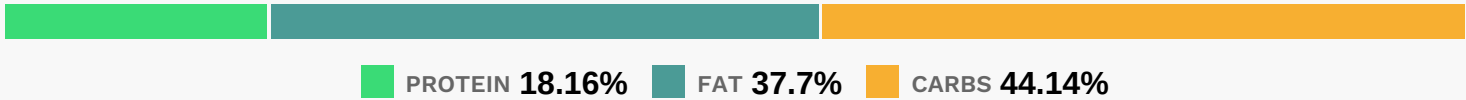
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Steam broccoli and cauliflower, covered, 5 minutes or until crisp-tender.
- ☐ Drain well; set aside.
- ☐ Combine breadcrumbs and next 5 ingredients; stir well, and set aside.
- ☐ Place flour in a small saucepan. Gradually add milk, stirring with a whisk until blended. Bring to a boil over medium-high heat, and cook 1 minute or until thick, stirring constantly.
- ☐ Remove from heat; add cheese, stirring until cheese melts.
- ☐ Combine vegetables and cheese sauce, stirring well to coat. Spoon mixture into a 1-quart baking dish coated with cooking spray.
- ☐ Sprinkle with breadcrumb mixture.
- ☐ Bake at 375 for 25 minutes or until breadcrumbs are lightly browned.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:69.06, Glycemic Load:2.95, Inflammation Score:-7, Nutrition Score:16.419130325317%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 3.75mg, Kaempferol: 3.75mg, Kaempferol: 3.75mg, Kaempferol: 3.75mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 255.32kcal (12.77%), Fat: 11.93g (18.36%), Saturated Fat: 5.72g (35.78%), Carbohydrates: 31.43g (10.48%), Net Carbohydrates: 26.35g (9.58%), Sugar: 4.31g (4.79%), Cholesterol: 29.27mg (9.76%), Sodium: 517.83mg (22.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.93g (25.87%), Vitamin C: 70.56mg (85.52%), Vitamin K: 55.88µg (53.22%), Calcium: 277.46mg (27.75%), Phosphorus: 219.94mg (21.99%), Fiber: 5.08g (20.33%), Folate: 67.35µg (16.84%), Selenium: 10.94µg (15.63%), Vitamin B2: 0.26mg (15.45%), Vitamin A: 753.96IU (15.08%), Iron: 2.66mg (14.79%), Manganese: 0.23mg (11.75%), Vitamin B6: 0.23mg (11.7%), Potassium: 381.68mg (10.91%), Zinc: 1.54mg (10.29%), Vitamin B5: 0.85mg (8.46%), Vitamin B12: 0.48µg (7.97%), Magnesium: 29.83mg (7.46%), Vitamin B1: 0.1mg (6.76%), Vitamin E: 0.83mg (5.52%), Vitamin B3: 0.74mg (3.71%), Vitamin D: 0.51µg (3.38%), Copper: 0.06mg (3.13%)