



Broccoli and Cauliflower Gratin Mac n Cheese

READY IN



80 min.

SERVINGS



6

CALORIES



615 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 servings pepper black freshly ground
- 1 small head bundle broccoli trimmed
- 2.5 cups cheddar extra-sharp grated
- 0.3 cup chives finely chopped
- 2 cloves into paste grated crushed peeled
- 1 tablespoon dijon mustard
- 1 small head half a head trimmed cut into florets
- 3 drops hot sauce
- 2 cups cup heavy whipping cream sour reduced-fat

- 1 pound macaroni whole-wheat
- 6 servings salt

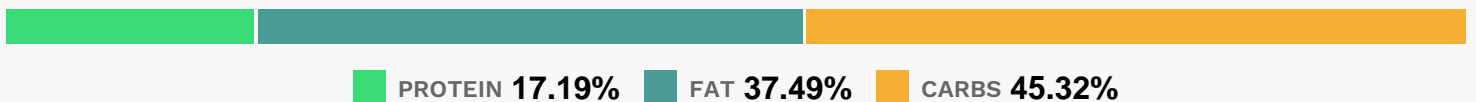
Equipment

- bowl
- baking sheet
- oven
- pot
- sieve
- baking pan

Directions

- Bring a large pot of water to a boil over medium heat. Salt the water and add the broccoli and cauliflower florets. Boil the vegetables for 5 minutes, then remove them with a spider or a strainer and drain.
- Add the pasta to the water and undercook by about 2 minutes, drain.
- Meanwhile, combine the sour cream in a large bowl along with the mustard, chives, garlic, hot sauce and salt and pepper, to taste.
- Add the pasta and cauliflower and 2/3 of the cheese. Stir to combine, then transfer it to a casserole or baking dish and cover with the remaining cheese. Cool and chill for a make-ahead meal.
- To heat and eat, put the casserole on baking sheet and bake it in the middle of a preheated 375 degree F oven until deeply golden and bubbly, about 40 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:38.17, Glycemic Load:1.7, Inflammation Score:-9, Nutrition Score:31.023478269577%

Flavonoids

Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 8.17mg, Kaempferol: 8.17mg, Kaempferol: 8.17mg, Kaempferol: 8.17mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 614.67kcal (30.73%), Fat: 25.8g (39.69%), Saturated Fat: 14.45g (90.32%), Carbohydrates: 70.16g (23.39%), Net Carbohydrates: 64.9g (23.6%), Sugar: 4.18g (4.64%), Cholesterol: 73.97mg (24.66%), Sodium: 656.66mg (28.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.61g (53.22%), Vitamin C: 92.76mg (112.43%), Vitamin K: 110µg (104.76%), Selenium: 66.92µg (95.6%), Calcium: 509.07mg (50.91%), Phosphorus: 484.73mg (48.47%), Manganese: 0.95mg (47.29%), Vitamin A: 1455.29IU (29.11%), Vitamin B2: 0.47mg (27.61%), Folate: 98.39µg (24.6%), Zinc: 3.63mg (24.22%), Magnesium: 84.24mg (21.06%), Fiber: 5.26g (21.05%), Potassium: 700.92mg (20.03%), Vitamin B6: 0.34mg (16.96%), Copper: 0.3mg (15.22%), Vitamin B12: 0.82µg (13.69%), Vitamin B1: 0.19mg (12.76%), Vitamin B5: 1.12mg (11.19%), Iron: 1.95mg (10.83%), Vitamin B3: 2.04mg (10.22%), Vitamin E: 1.47mg (9.81%), Vitamin D: 0.44µg (2.91%)