



## Cauliflower al Gratin (Coliflor Gratinada)

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



560 kcal

SIDE DISH

### Ingredients

- ☐ 2 tablespoons all purpose flour
- ☐ 3 tablespoons butter
- ☐ 2 pounds cauliflower cut into florets
- ☐ 0.5 cup gouda cheese
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 cup heavy cream
- ☐ 5.5 cups milk
- ☐ 0.5 cup monterrey jack cheese

- ☐ 0.5 teaspoon mustard
- ☐ 2 tablespoons onions chopped
- ☐ 0.5 teaspoon paprika
- ☐ 4 servings salt and pepper

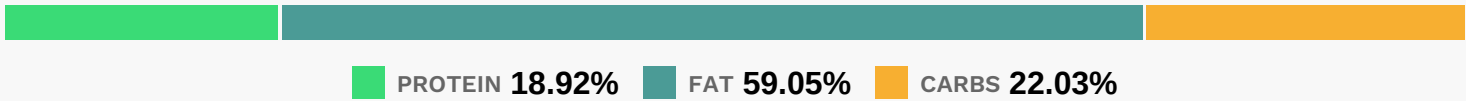
## Equipment

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

## Directions

- ☐ Bring a large pot of water to a boil over high heat.
- ☐ Add the cauliflower and cook until the florets are tender, about 8 minutes.
- ☐ Drain well. Mean while, make the sauce: In a large saucepan over low heat, melt the butter and add the onions. cook for about 5 minutes.
- ☐ Add the flour a little at a time, whisking to incorporate. Increase the heat to medium-low and gradually whisk in the milk. Cook, stirring frequently, until the mixture is thick and creamy, about 5 minutes.
- ☐ Add the cream, mustard and cheeses.
- ☐ Add the cumin, paprika, salt and black pepper. Cook, stirring frequently, until the cheeses are melted, about 2 minutes. Preheat the oven to 450F. Butter a shallow baking dish. Arrange the cauliflower in the dish and pour the sauce over it.
- ☐ Bake until golden brown, about 7 minutes.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:82, Glycemic Load:10.5, Inflammation Score:-9, Nutrition Score:31.69782619891%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 559.5kcal (27.98%), Fat: 37.79g (58.14%), Saturated Fat: 23.27g (145.47%), Carbohydrates: 31.73g (10.58%), Net Carbohydrates: 26.87g (9.77%), Sugar: 21.9g (24.33%), Cholesterol: 125.93mg (41.98%), Sodium: 795.55mg (34.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.24g (54.49%), Vitamin C: 109.8mg (133.09%), Calcium: 792.41mg (79.24%), Phosphorus: 682.19mg (68.22%), Vitamin B2: 0.81mg (47.57%), Vitamin B12: 2.43µg (40.43%), Vitamin K: 38.66µg (36.82%), Folate: 146.94µg (36.74%), Potassium: 1267.71mg (36.22%), Vitamin B6: 0.68mg (33.84%), Vitamin B5: 2.97mg (29.75%), Vitamin A: 1426.54IU (28.53%), Vitamin D: 4.16µg (27.74%), Zinc: 3.67mg (24.48%), Vitamin B1: 0.35mg (23.41%), Selenium: 16.16µg (23.09%), Magnesium: 90.91mg (22.73%), Manganese: 0.42mg (20.87%), Fiber: 4.86g (19.45%), Vitamin B3: 1.82mg (9.08%), Iron: 1.56mg (8.65%), Vitamin E: 0.92mg (6.16%), Copper: 0.12mg (6.03%)