



Cauliflower alla Parmigiana

READY IN



45 min.

SERVINGS



8

CALORIES



91 kcal

SIDE DISH

Ingredients

- 1.5 lbs cauliflower separated
- 1 serving pepper black freshly ground
- 3 tablespoons butter unsalted
- 0.3 cup parmesan cheese freshly grated
- 0.5 cup panko bread crumbs crispy

Equipment

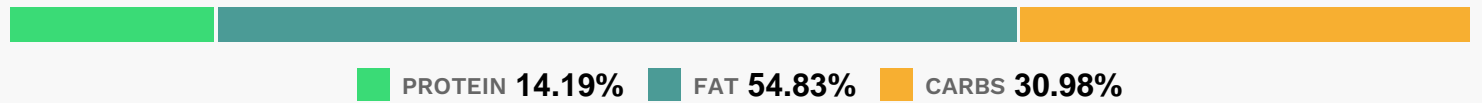
- oven
- pot

baking pan

Directions

- Heat oven to 425°F. Butter a 10x8-inch oval baking dish or a dish of equivalent size.
- Bring a large pot of generously salted water to a boil.
- Add the cauliflower, and boil until slightly softened but still retaining some crispness, about 3 minutes.
- Drain well, and then slice them lengthwise so the stems are about 1/4 inch thick.
- Arrange the slices, overlapping them tightly, in the prepared baking dish. Season with salt and several grinds of black pepper; dot with thin slices of the butter.
- Sprinkle with the cheese and bread crumbs.
- Bake uncovered until lightly browned on top, about 30 minutes.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.81, Inflammation Score:-4, Nutrition Score:7.1678259709607%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 91.29kcal (4.56%), Fat: 5.86g (9.02%), Saturated Fat: 3.5g (21.87%), Carbohydrates: 7.45g (2.48%), Net Carbohydrates: 5.58g (2.03%), Sugar: 1.86g (2.07%), Cholesterol: 14.91mg (4.97%), Sodium: 126.46mg (5.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.83%), Vitamin C: 40.99mg (49.69%), Vitamin K: 13.89µg (13.23%), Folate: 52.9µg (13.22%), Manganese: 0.17mg (8.58%), Vitamin B6: 0.16mg (8.23%), Potassium: 270.74mg (7.74%), Fiber: 1.87g (7.49%), Phosphorus: 71.31mg (7.13%), Calcium: 63.72mg (6.37%), Vitamin B5: 0.61mg (6.07%), Vitamin B1: 0.08mg (5.35%), Vitamin B2: 0.08mg (4.84%), Selenium: 2.97µg (4.24%), Magnesium: 15.95mg (3.99%), Vitamin B3: 0.69mg (3.43%), Vitamin A: 167.31IU (3.35%), Zinc: 0.47mg (3.13%), Iron: 0.56mg (3.11%), Copper: 0.05mg (2.27%), Vitamin E: 0.21mg (1.43%), Vitamin B12: 0.08µg (1.31%)