



Cauliflower alla Parmigiana

READY IN



45 min.

SERVINGS



8

CALORIES



92 kcal

SIDE DISH

Ingredients

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

Equipment

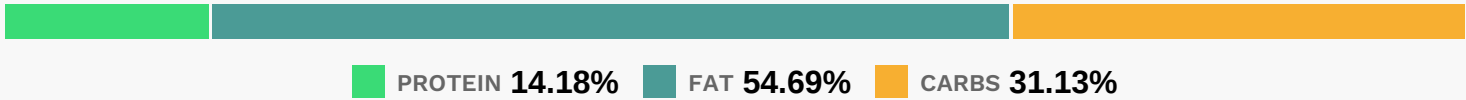
- ☐ oven
- ☐ pot

☐ baking pan

Directions

- ☐ Heat oven to 425F. 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:0.82, Inflammation Score:-4, Nutrition Score:7.2139129353606%

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: 91.51kcal (4.58%), Fat: 5.87g (9.02%), Saturated Fat: 3.5g (21.87%), Carbohydrates: 7.51g (2.5%), Net Carbohydrates: 5.61g (2.04%), Sugar: 1.86g (2.07%), Cholesterol: 14.91mg (4.97%), Sodium: 126.48mg (5.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.84%), Vitamin C: 40.99mg (49.69%), Vitamin K: 14.03µg (13.36%), Folate: 52.91µg (13.23%), Manganese: 0.18mg (9.14%), Vitamin B6: 0.16mg (8.24%), Potassium: 271.9mg (7.77%), Fiber: 1.89g (7.58%), Phosphorus: 71.44mg (7.14%), Calcium: 64.11mg (6.41%), Vitamin B5: 0.61mg (6.09%), Vitamin B1: 0.08mg (5.35%), Vitamin B2: 0.08mg (4.85%), Selenium: 2.97µg (4.24%), Magnesium: 16.1mg (4.03%), Vitamin B3: 0.69mg (3.43%), Vitamin A: 167.79IU (3.36%), Iron: 0.57mg (3.15%), Zinc: 0.47mg (3.14%), Copper: 0.05mg (2.33%), Vitamin E: 0.22mg (1.43%), Vitamin B12: 0.08µg (1.3%)