



Cauliflower and Bacon Gratin

READY IN



54 min.

SERVINGS



6

CALORIES



618 kcal

SIDE DISH

Ingredients

- ☐ 8 ounces bacon crispy cooked cut into 1/2-inch pieces
- ☐ 0.3 cup capers rinsed drained
- ☐ 1 pound cauliflower trimmed cut into florets
- ☐ 1 teaspoon flour all-purpose
- ☐ 1 cup gruyere cheese divided grated
- ☐ 0.8 cup heavy cream
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 6 servings olive oil for drizzling
- ☐ 3 slices day-old sourdough bread

- ☐ 6 servings butter unsalted for dish, plus 1/2 stick 4 tablespoons cut into 1/2-inch pieces

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ casserole dish

Directions

- ☐ Watch how to make this recipe.
- ☐ Place an oven rack in the center of the oven. Preheat the oven to 350 degrees F. Butter an 8 by 8-inch casserole dish. Set aside.
- ☐ In the bowl of a food processor, blend the bread until it forms into crumbs.
- ☐ In a large non-stick skillet, heat the butter over medium heat.
- ☐ Add the bread crumbs and cook, stirring constantly until all the butter has been absorbed and the bread crumbs are toasted, about 1 to 2 minutes.
- ☐ In a medium bowl, whisk together the cream and flour.
- ☐ Add the capers, bacon and 1/2 cup of the Gruyere. Season with salt and pepper, to taste.
- ☐ Bring a medium saucepan of water to a boil over high heat.
- ☐ Add the cauliflower and cook for 2 minutes.
- ☐ Drain the cauliflower and toss with the cream mixture.
- ☐ Pour the cauliflower mixture into the prepared baking dish.
- ☐ Sprinkle with the bread crumbs and remaining 1/2 cup of cheese.
- ☐ Drizzle with olive oil and bake for 35 to 40 minutes until the cheese has melted and the top is golden brown.

Nutrition Facts



PROTEIN 11.06% **FAT 74.61%** **CARBS 14.33%**

Properties

Glycemic Index:36.58, Glycemic Load:13.72, Inflammation Score:-7, Nutrition Score:17.11217384753%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 9.85mg, Kaempferol: 9.85mg, Kaempferol: 9.85mg, Kaempferol: 9.85mg Quercetin: 12.99mg, Quercetin: 12.99mg, Quercetin: 12.99mg, Quercetin: 12.99mg

Nutrients (% of daily need)

Calories: 618.32kcal (30.92%), Fat: 51.96g (79.94%), Saturated Fat: 20.81g (130.08%), Carbohydrates: 22.45g (7.48%), Net Carbohydrates: 19.97g (7.26%), Sugar: 3.9g (4.34%), Cholesterol: 93.52mg (31.17%), Sodium: 833.43mg (36.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.34g (34.68%), Vitamin C: 36.93mg (44.76%), Selenium: 21.54µg (30.77%), Calcium: 281.75mg (28.17%), Phosphorus: 274.1mg (27.41%), Vitamin B1: 0.39mg (26.18%), Vitamin K: 24.22µg (23.07%), Folate: 88.3µg (22.07%), Vitamin B2: 0.34mg (20.21%), Vitamin E: 2.82mg (18.82%), Vitamin B3: 3.56mg (17.79%), Vitamin A: 795.43IU (15.91%), Manganese: 0.31mg (15.7%), Vitamin B6: 0.3mg (15.22%), Zinc: 1.94mg (12.96%), Iron: 2.02mg (11.21%), Potassium: 390.35mg (11.15%), Vitamin B5: 1.03mg (10.31%), Vitamin B12: 0.6µg (9.95%), Fiber: 2.48g (9.93%), Magnesium: 38.87mg (9.72%), Copper: 0.13mg (6.71%), Vitamin D: 0.83µg (5.56%)