



## Cauliflower and Broccoli Flan with Spinach Bechamel

READY IN



45 min.

SERVINGS



6

CALORIES



219 kcal

### Ingredients

- 0.3 cup flour
- 12 ounce baby spinach
- 2.5 cups broccoli florets
- 6 tablespoons butter ()
- 2.5 cups cauliflower florets
- 0.7 cup parmesan cheese freshly grated
- 0.7 cup milk whole

### Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- pot
- baking pan

## Directions

- Cook cauliflower and broccoli in large pot of boiling salted water until crisp-tender, about 5 minutes.
- Drain, reserving 2/3 cup cooking liquid.
- Transfer vegetables to large bowl. Cool.
- Rinse spinach, then toss in large nonstick skillet over medium-high heat until just wilted.
- Drain and cool. Squeeze spinach dry; finely chop.
- Melt butter in heavy medium saucepan over medium heat.
- Add flour and whisk until smooth, about 2 minutes. Gradually whisk in milk and reserved 2/3 cup vegetable cooking liquid.
- Whisk constantly over medium heat until sauce thickens and boils, about 3 minutes. Stir in spinach and cheese.
- Using fingers, coarsely crumble cauliflower and broccoli in bowl.
- Add spinach béchamel sauce; stir to blend. Season with salt and pepper. Butter 1 1/2-quart baking dish.
- Spread vegetable mixture in prepared dish. (Can be made 6 hours ahead. Cover and chill.)
- Preheat oven to 350°F.
- Bake flan until puffed and heated through, about 25 minutes if at room temperature and 35 minutes if chilled.
- Serve hot.

## Nutrition Facts



■ PROTEIN 14.53% ■ FAT 62.3% ■ CARBS 23.17%

## Properties

Glycemic Index:43.17, Glycemic Load:4.51, Inflammation Score:-10, Nutrition Score:24.417391289835%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 6.74mg, Kaempferol: 6.74mg, Kaempferol: 6.74mg, Kaempferol: 6.74mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

## Nutrients (% of daily need)

Calories: 218.73kcal (10.94%), Fat: 15.86g (24.4%), Saturated Fat: 9.56g (59.77%), Carbohydrates: 13.27g (4.42%), Net Carbohydrates: 10.07g (3.66%), Sugar: 3.01g (3.35%), Cholesterol: 43.02mg (14.34%), Sodium: 364.68mg (15.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.33g (16.65%), Vitamin K: 320.26µg (305.01%), Vitamin A: 6042.78IU (120.86%), Vitamin C: 69.84mg (84.65%), Folate: 168.25µg (42.06%), Manganese: 0.7mg (34.94%), Calcium: 218.83mg (21.88%), Potassium: 630.82mg (18.02%), Phosphorus: 177.95mg (17.8%), Magnesium: 67.57mg (16.89%), Vitamin B2: 0.28mg (16.63%), Vitamin B6: 0.28mg (14.09%), Fiber: 3.21g (12.83%), Iron: 2.28mg (12.68%), Vitamin E: 1.88mg (12.52%), Selenium: 8.07µg (11.54%), Vitamin B1: 0.15mg (10.12%), Zinc: 1.21mg (8.07%), Vitamin B5: 0.71mg (7.07%), Vitamin B3: 1.21mg (6.07%), Copper: 0.12mg (6.04%), Vitamin B12: 0.32µg (5.34%), Vitamin D: 0.35µg (2.36%)