



Cauliflower and Broccoli Gratin With Camembert Cheese

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



226 kcal

SIDE DISH

Ingredients

- 0.3 cup breadcrumbs
- 2 cups broccoli
- 2 tablespoons butter
- 2 ounces camembert cheese cut cubes plus extra to put on top
- 1000 g cauliflower (1 medium head)
- 3 tablespoons flour
- 4 servings pepper to taste

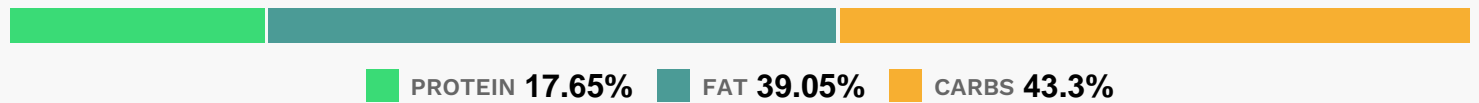
Equipment

- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 180 degrees C (350 F).Parboil broccoli and cauliflower just until tender, about 10–15 minutes.
- Heat up saucepan and melt butter; stir in flour then milk; add cheese and stir until all melted; season with salt and pepper.
- Combine sauce with veggies and transfer to a baking dish; top with extra cheese and breadcrumbs.
- Bake for 20 minutes or until browned on top.

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:6.08, Inflammation Score:-8, Nutrition Score:23.069130434783%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 4.35mg, Kaempferol: 4.35mg, Kaempferol: 4.35mg, Kaempferol: 4.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 226.45kcal (11.32%), Fat: 10.52g (16.18%), Saturated Fat: 6.26g (39.13%), Carbohydrates: 26.25g (8.75%), Net Carbohydrates: 19.52g (7.1%), Sugar: 6.17g (6.85%), Cholesterol: 25.26mg (8.42%), Sodium: 319.89mg (13.91%), Protein: 10.7g (21.4%), Vitamin C: 159.75mg (193.63%), Vitamin K: 85.18µg (81.12%), Folate: 199.16µg (49.79%), Manganese: 0.62mg (30.96%), Vitamin B6: 0.58mg (29.15%), Fiber: 6.73g (26.9%), Potassium: 939.71mg (26.85%), Vitamin B5: 2.2mg (21.96%), Phosphorus: 210.99mg (21.1%), Vitamin B2: 0.34mg (19.84%), Vitamin B1: 0.29mg (19.46%), Calcium: 150.11mg (15.01%), Magnesium: 54.99mg (13.75%), Vitamin B3: 2.57mg (12.86%), Selenium: 8.91µg (12.72%), Iron: 2.12mg (11.8%), Vitamin A: 565.83IU (11.32%), Zinc: 1.37mg (9.13%), Copper: 0.15mg (7.72%), Vitamin E:

0.75mg (4.98%), Vitamin B12: 0.23µg (3.79%)