



Cauliflower and Brussels Sprout Gratin with Pine Nut-Breadcrumb Topping

READY IN



45 min.

SERVINGS



12

CALORIES



450 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds brussels sprouts trimmed quartered
- ☐ 1.5 pound cauliflower trimmed cut into small florets
- ☐ 0.5 cup breadcrumbs plain dry
- ☐ 1 tablespoon sage fresh chopped
- ☐ 2.8 cups heavy whipping cream
- ☐ 5.5 tablespoons olive oil
- ☐ 3 cups parmesan cheese divided grated
- ☐ 2 tablespoons parsley fresh italian chopped

- ☐ 0.5 cup pinenuts lightly toasted
- ☐ 0.5 cup shallots chopped

Equipment

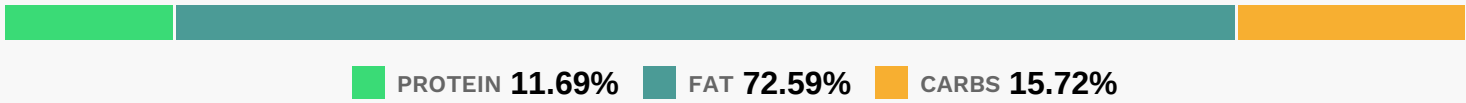
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ Fill large bowl with ice and cold water. Cook brussels sprouts in large pot of generously salted boiling water 2 minutes.
- ☐ Add cauliflower to same pot; cook until vegetables are crisp-tender, about 3 minutes longer.
- ☐ Drain.
- ☐ Transfer vegetables to bowl of ice water to cool.
- ☐ Drain well.
- ☐ Combine cream, shallots, and sage in large saucepan. Bring to boil. Reduce heat; simmer until mixture is reduced to 2 1/2 cups, about 10 minutes. Season with salt.
- ☐ Remove from heat. Cool slightly.
- ☐ Heat oil in large nonstick skillet over medium heat.
- ☐ Add breadcrumbs; stir until beginning to brown, about 2 minutes.
- ☐ Transfer to bowl; cool. Stir in pine nuts and parsley. Season with salt and pepper.
- ☐ Butter 13x9x2-inch glass baking dish; arrange half of vegetables in dish.
- ☐ Sprinkle with salt and pepper, then 1 1/2 cups
- ☐ Parmesan. Arrange remaining vegetable evenly over, then sprinkle with remaining 1 1/2 cups Parmesan.
- ☐ Pour cream mixture evenly over. DO AHEAD: Breadcrumb topping and gratin can be made 1 day ahead. Cover separately and chill. Bring to room temperature before continuing.

- ☐
- Preheat oven to 375°F. Cover gratinwith foil.
- ☐
- Bake covered 40 minutes. Uncover;sprinkle breadcrumb topping over and bakeuncovered 15 minutes longer.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:1.88, Inflammation Score:-8, Nutrition Score:26.903913124748%

Flavonoids

Naringenin: 1.87mg, Naringenin: 1.87mg, Naringenin: 1.87mg, Naringenin: 1.87mg Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 449.67kcal (22.48%), Fat: 37.56g (57.79%), Saturated Fat: 17.76g (111%), Carbohydrates: 18.3g (6.1%), Net Carbohydrates: 14.23g (5.17%), Sugar: 5.2g (5.78%), Cholesterol: 83.38mg (27.79%), Sodium: 518.17mg (22.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.61g (27.23%), Vitamin K: 129.52µg (123.35%), Vitamin C: 77.57mg (94.03%), Copper: 1.69mg (84.44%), Manganese: 0.92mg (45.84%), Calcium: 310.33mg (31.03%), Vitamin A: 1503.71IU (30.07%), Phosphorus: 300.46mg (30.05%), Folate: 81.68µg (20.42%), Selenium: 12.93µg (18.47%), Vitamin B2: 0.31mg (18.12%), Vitamin E: 2.63mg (17.57%), Fiber: 4.07g (16.29%), Potassium: 569.12mg (16.26%), Vitamin B6: 0.31mg (15.66%), Zinc: 2.09mg (13.92%), Magnesium: 53.42mg (13.36%), Vitamin B1: 0.2mg (13.12%), Iron: 1.98mg (10.99%), Vitamin B5: 0.85mg (8.47%), Vitamin B12: 0.44µg (7.34%), Vitamin B3: 1.34mg (6.69%), Vitamin D: 1µg (6.65%)