



Cauliflower au Gratin

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



146 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds cauliflower
- ☐ 1 medium onion red cut into 8 wedges
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon vegetable oil
- ☐ 2 large cloves garlic finely chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.5 teaspoon pepper
- ☐ 2 tablespoons parmesan shredded freshly grated

- ☐ 2 tablespoons asiago cheese shredded freshly grated
- ☐ 1 oz provolone cheese shredded

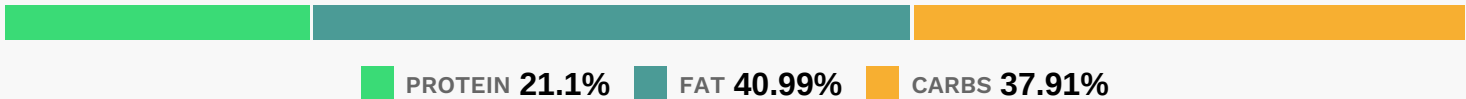
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Separate cauliflower into florets. In 3-quart saucepan, heat 1 inch salted water (1/2 teaspoon salt to 1 cup water) to boiling.
- ☐ Add cauliflower, onion and lemon juice; cover and heat to boiling. Reduce heat; simmer about 6 minutes or until cauliflower is just tender.
- ☐ Drain.
- ☐ Heat oven to 425°F. In ungreased 9-inch square pan, mix oil, garlic and parsley.
- ☐ Heat uncovered in oven 5 minutes.
- ☐ Spread cauliflower and onion in pan; sprinkle with pepper and cheeses.
- ☐ Bake uncovered about 20 minutes or until cheese is melted and forms a golden brown crust.

Nutrition Facts



Properties

Glycemic Index:58.5, Glycemic Load:2.99, Inflammation Score:-7, Nutrition Score:17.501739083425%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.23mg, Apigenin: 2.23mg, Apigenin: 2.23mg, Apigenin: 2.23mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 6.85mg, Quercetin: 6.85mg, Quercetin: 6.85mg, Quercetin: 6.85mg

Quercetin: 6.85mg, Quercetin: 6.85mg

Nutrients (% of daily need)

Calories: 146.28kcal (7.31%), Fat: 7.27g (11.19%), Saturated Fat: 2.87g (17.91%), Carbohydrates: 15.13g (5.04%), Net Carbohydrates: 9.99g (3.63%), Sugar: 5.7g (6.33%), Cholesterol: 8.29mg (2.76%), Sodium: 201.67mg (8.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.42g (16.85%), Vitamin C: 114.6mg (138.91%), Vitamin K: 58.59µg (55.8%), Folate: 137.92µg (34.48%), Vitamin B6: 0.48mg (24.1%), Manganese: 0.45mg (22.39%), Potassium: 751.39mg (21.47%), Fiber: 5.14g (20.57%), Phosphorus: 181.19mg (18.12%), Calcium: 174.43mg (17.44%), Vitamin B5: 1.62mg (16.24%), Vitamin B2: 0.19mg (10.97%), Magnesium: 42.48mg (10.62%), Vitamin B1: 0.13mg (8.96%), Zinc: 1.06mg (7.06%), Iron: 1.2mg (6.69%), Vitamin B3: 1.24mg (6.18%), Copper: 0.11mg (5.63%), Selenium: 3.88µg (5.54%), Vitamin A: 187.94IU (3.76%), Vitamin E: 0.51mg (3.4%), Vitamin B12: 0.16µg (2.72%)