



Cauliflower Au Gratin

READY IN



25 min.

SERVINGS



8

CALORIES



368 kcal

SIDE DISH

Ingredients

- 6 tablespoons butter cubed
- 1 head cauliflower
- 1 pinch ground pepper
- 4 ounces finely-chopped ham cooked chopped
- 2 tablespoons flour all-purpose
- 2 tablespoons parsley fresh minced
- 1 garlic clove minced
- 1.5 cups cup heavy whipping cream
- 8 servings bell pepper to taste

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- 0.3 teaspoon salt
- 4 ounces swiss cheese shredded

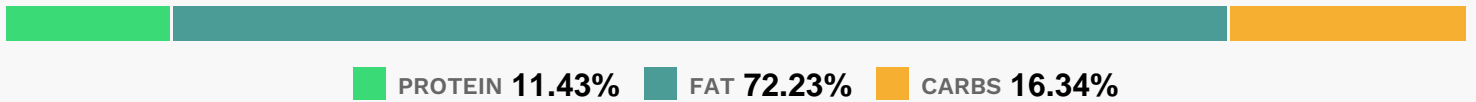
Equipment

- frying pan
- baking pan
- broiler

Directions

- Melt butter in a large skillet.
- Saute garlic and ham for 2 minutes.
- Add cauliflower and cook just until crisp-tender.
- Combine flour and cream; stir into skillet and blend well.
- Add salt, pepper and cayenne pepper. Cook and stir until thickened and bubbly; cook and stir 1 minute more.
- Pour into a 2-qt. baking dish.
- Sprinkle with cheese.
- Place under a preheated broiler until lightly browned, about 2-4 minutes.
- Sprinkle with parsley.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:3.7, Inflammation Score:-10, Nutrition Score:23.243478215259%

Flavonoids

Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 368.33kcal (18.42%), Fat: 30.78g (47.35%), Saturated Fat: 18.67g (116.67%), Carbohydrates: 15.66g (5.22%), Net Carbohydrates: 11g (4%), Sugar: 8.96g (9.95%), Cholesterol: 96.53mg (32.18%), Sodium: 370.36mg (16.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.96g (21.92%), Vitamin C: 230.39mg (279.26%), Vitamin A: 5790.7IU (115.81%), Vitamin K: 37.23µg (35.45%), Vitamin B6: 0.63mg (31.73%), Folate: 118.29µg (29.57%), Phosphorus: 224.74mg (22.47%), Vitamin E: 3.16mg (21.09%), Vitamin B2: 0.34mg (20.28%), Calcium: 187.62mg (18.76%), Fiber: 4.66g (18.65%), Potassium: 633.42mg (18.1%), Manganese: 0.31mg (15.36%), Vitamin B1: 0.22mg (14.59%), Selenium: 9.79µg (13.98%), Vitamin B5: 1.28mg (12.76%), Vitamin B3: 2.5mg (12.48%), Vitamin B12: 0.72µg (11.95%), Zinc: 1.65mg (10.98%), Magnesium: 40.68mg (10.17%), Iron: 1.29mg (7.14%), Vitamin D: 0.71µg (4.76%), Copper: 0.09mg (4.33%)