



Cauliflower Bean Casserole

 Gluten Free

READY IN



60 min.

SERVINGS



10

CALORIES



434 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 ounce bacon cut in half crosswise
- ☐ 0.5 cup butter softened
- ☐ 1 head cauliflower cut into florets
- ☐ 9 ounce cut green beans frozen
- ☐ 1 cup mayonnaise
- ☐ 1 cup mozzarella cheese grated
- ☐ 1 small onion chopped

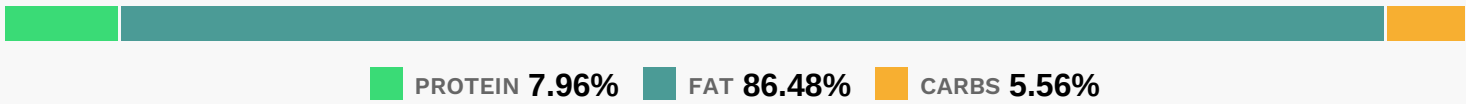
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Preheat oven to 300 degrees F (150 degrees C).
- ☐ Bring a large pot of lightly salted water to a boil; cook cauliflower until tender yet firm to the bite, about 10 minutes.
- ☐ Add green beans; cook until tender, about 5 minutes.
- ☐ Drain.
- ☐ Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- ☐ Drain bacon slices on paper towels, reserving bacon grease in the skillet.
- ☐ Cook and stir onion in the skillet with bacon grease over medium heat until tender and lightly browned, about 10 minutes.
- ☐ Mix cauliflower, green beans, bacon, and onion together in a casserole dish.
- ☐ Stir butter and mayonnaise together in a bowl; pour over cauliflower mixture. Stir to coat; top with mozzarella cheese.
- ☐ Bake in the preheated oven until cheese is melted and bubbling, 20 minutes.

Nutrition Facts



Properties

Glycemic Index:23.2, Glycemic Load:1.33, Inflammation Score:-5, Nutrition Score:11.335652289183%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 434.24kcal (21.71%), Fat: 42.19g (64.91%), Saturated Fat: 14.54g (90.88%), Carbohydrates: 6.11g (2.04%), Net Carbohydrates: 4.15g (1.51%), Sugar: 2.48g (2.75%), Cholesterol: 65.11mg (21.7%), Sodium: 529.71mg (23.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.74g (17.47%), Vitamin K: 57.48µg (54.74%), Vitamin C: 31.35mg (37.99%), Selenium: 9.9µg (14.15%), Phosphorus: 133.09mg (13.31%), Vitamin B6: 0.25mg (12.35%), Vitamin A: 562.69IU (11.25%), Folate: 44.77µg (11.19%), Vitamin B1: 0.15mg (10.2%), Vitamin B3: 1.87mg (9.36%), Potassium: 319.06mg (9.12%), Vitamin E: 1.32mg (8.78%), Calcium: 86.48mg (8.65%), Manganese: 0.16mg (8.1%), Vitamin B12: 0.47µg (7.86%), Fiber: 1.96g (7.83%), Vitamin B2: 0.13mg (7.66%), Vitamin B5: 0.71mg (7.05%), Zinc: 1mg (6.67%), Magnesium: 22.48mg (5.62%), Iron: 0.76mg (4.21%), Copper: 0.06mg (3.13%), Vitamin D: 0.23µg (1.5%)