



Cauliflower Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



201 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 head cauliflower separated
- ☐ 0.5 cup corn flakes crushed
- ☐ 0.3 cup bell pepper green finely chopped
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 1 teaspoon salt
- ☐ 1 cup cheddar cheese shredded
- ☐ 1 cup heavy whipping cream sour

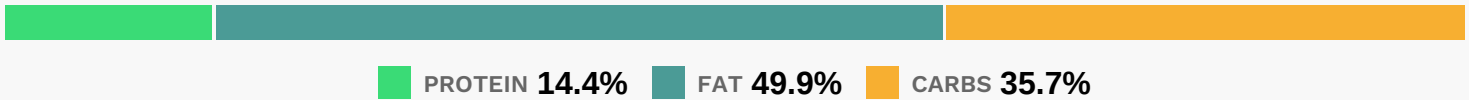
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Grease a 2 quart baking dish.
- ☐ Place a steamer insert into a saucepan, and fill with water to just below the bottom of the steamer. Cover, and bring the water to a boil over high heat.
- ☐ Add the cauliflower, and steam until crisp-tender, about 5 minutes.
- ☐ Drain, and set aside.
- ☐ Combine sour cream, Cheddar cheese, corn flakes, bell peppers, and salt in a medium bowl. Stir in the cauliflower, and transfer to the prepared baking dish.
- ☐ Sprinkle Parmesan cheese and paprika over the top of the dish.
- ☐ Bake uncovered until heated through, 30 to 35 minutes.

Nutrition Facts



Properties

Glycemic Index:12.63, Glycemic Load:0.85, Inflammation Score:-7, Nutrition Score:14.395217439403%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 200.61kcal (10.03%), Fat: 11.54g (17.75%), Saturated Fat: 6.22g (38.85%), Carbohydrates: 18.57g (6.19%), Net Carbohydrates: 16.47g (5.99%), Sugar: 4.11g (4.57%), Cholesterol: 33.81mg (11.27%), Sodium: 576.35mg (25.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.49g (14.99%), Vitamin C: 47.71mg (57.83%), Iron:

4.67mg (25.95%), Folate: 101.24µg (25.31%), Vitamin B2: 0.39mg (23.21%), Vitamin B6: 0.44mg (22.25%), Calcium: 174.05mg (17.4%), Vitamin B1: 0.25mg (16.66%), Vitamin B12: 0.99µg (16.53%), Vitamin B3: 3.12mg (15.58%), Phosphorus: 155.2mg (15.52%), Vitamin A: 774.78IU (15.5%), Vitamin K: 12.54µg (11.94%), Selenium: 7.82µg (11.17%), Potassium: 310.34mg (8.87%), Fiber: 2.1g (8.41%), Manganese: 0.16mg (7.76%), Zinc: 1.11mg (7.39%), Vitamin B5: 0.7mg (6.98%), Magnesium: 25.36mg (6.34%), Vitamin D: 0.63µg (4.22%), Copper: 0.07mg (3.62%), Vitamin E: 0.4mg (2.65%)