



7%
HEALTH SCORE

Cauliflower Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



317 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup butter melted
- 1 large head cauliflower
- 0.7 cup seasoned bread crumbs italian
- 0.3 cup parmesan cheese grated
- 1 teaspoon pepper red crushed
- 1 pinch salt
- 1 cup cheddar cheese shredded

Equipment

- bowl
- sauce pan
- oven
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Bring 2 inches of water to a boil in a medium saucepan.
- Add cauliflower, cover, and cook for about 10 minutes.
- Drain, and place in a 2 quart casserole dish.
- In a small bowl mix together butter, Parmesan cheese, bread crumbs, salt, and red pepper flakes.
- Sprinkle mixture over cauliflower, and top with Cheddar cheese.
- Bake in the preheated oven for 20 minutes, or until cheese is melted and bubbly.

Nutrition Facts

PROTEIN 12.71% **FAT 66.22%** **CARBS 21.07%**

Properties

Glycemic Index:18.17, Glycemic Load:1.46, Inflammation Score:-7, Nutrition Score:15.81565231344%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 317.02kcal (15.85%), Fat: 24.08g (37.05%), Saturated Fat: 14.36g (89.75%), Carbohydrates: 17.24g (5.75%), Net Carbohydrates: 13.67g (4.97%), Sugar: 3.54g (3.93%), Cholesterol: 63.26mg (21.09%), Sodium: 549.78mg (23.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.4g (20.8%), Vitamin C: 67.84mg (82.23%), Vitamin K: 30.03µg (28.6%), Folate: 100.53µg (25.13%), Calcium: 230.7mg (23.07%), Phosphorus: 203.41mg (20.34%), Manganese: 0.36mg (17.97%), Vitamin A: 822.05IU (16.44%), Selenium: 11.18µg (15.97%), Vitamin B6: 0.3mg (15.22%), Vitamin B2: 0.25mg (14.49%), Fiber: 3.57g (14.28%), Potassium: 482.61mg (13.79%), Vitamin B1: 0.21mg (13.77%), Vitamin B5: 1.13mg (11.32%), Zinc: 1.47mg (9.81%), Magnesium: 34.55mg (8.64%), Vitamin B3: 1.59mg (7.95%), Iron:

1.35mg (7.52%), Vitamin E: 0.88mg (5.83%), Vitamin B12: 0.33µg (5.58%), Copper: 0.1mg (4.92%)