



## Cauliflower Cheese Pie

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 head cauliflower coarsely chopped
- 0.5 teaspoon basil dried
- 0.5 teaspoon thyme dried
- 1 eggs beaten
- 2 eggs beaten
- 1 tablespoon flour all-purpose
- 2 cloves garlic minced
- 0.3 cup milk

- 1.5 tablespoons olive oil
- 1 onion chopped
- 0.3 teaspoon paprika
- 2 cups potatoes shredded
- 1 teaspoon salt
- 4 servings salt and pepper to taste
- 1.5 cups cheddar cheese shredded
- 1 tablespoon vegetable oil

## Equipment

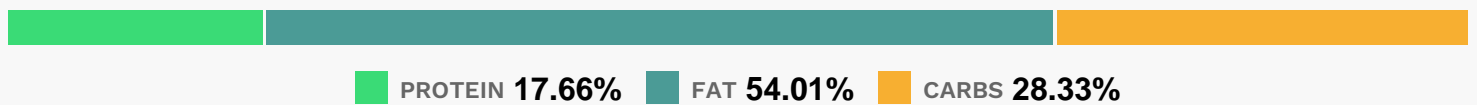
- bowl
- frying pan
- oven
- mixing bowl
- baking pan
- spatula
- cheesecloth
- pie form

## Directions

- Preheat oven to 400 degrees F (200 degrees C). Grease a shallow 9 inch baking dish or pie pan.
- To make crust: Use a cheese cloth to squeeze extra liquid from the grated potatoes. In a medium size mixing bowl, combine potato, onion, egg, salt and flour.
- Transfer the mixture to the prepared pie pan, and pat it down with a rubber spatula or your fingertips.
- Bake for 30 minutes.
- Brush the crust with oil, and bake for another 10 minutes.
- Remove crust from oven, and reduce the oven's temperature to 350 degrees F (175 degrees C).

- To make the filling: In a large frying pan over a high heat, heat the oil until hot. Reduce the temperature to medium and saute onion, garlic, basil, thyme, salt, pepper and paprika in the hot oil; cook for 8 to 10 minutes. Stir the cauliflower into the pan and cook for 15 minutes.
- Spread 1/2 of the cheese onto the potato crust. Spoon the vegetables on top of the cheese.
- Sprinkle the remaining cheese over the sauteed vegetables. Beat the milk and eggs together in a small bowl, and then pour over the vegetables and cheese.
- Sprinkle paprika over the mixture.
- Bake for 35 to 40 minutes, or until the custard is set and the top of the pie is slightly browned.

## Nutrition Facts



### Properties

Glycemic Index:81.94, Glycemic Load:17.09, Inflammation Score:-8, Nutrition Score:25.437391156736%

### Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.12mg, Quercetin: 7.12mg, Quercetin: 7.12mg, Quercetin: 7.12mg

### Nutrients (% of daily need)

Calories: 443.53kcal (22.18%), Fat: 27.26g (41.95%), Saturated Fat: 10.93g (68.34%), Carbohydrates: 32.17g (10.72%), Net Carbohydrates: 26.3g (9.56%), Sugar: 5.76g (6.4%), Cholesterol: 166.96mg (55.65%), Sodium: 1156.12mg (50.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.06g (40.12%), Vitamin C: 92.54mg (112.17%), Phosphorus: 411.2mg (41.12%), Calcium: 396.36mg (39.64%), Vitamin K: 39.38µg (37.5%), Vitamin B6: 0.73mg (36.32%), Selenium: 24.6µg (35.14%), Folate: 132.64µg (33.16%), Vitamin B2: 0.5mg (29.44%), Potassium: 1028.44mg (29.38%), Manganese: 0.5mg (24.85%), Fiber: 5.87g (23.49%), Vitamin B5: 2.06mg (20.63%), Zinc: 2.84mg (18.92%), Magnesium: 67.89mg (16.97%), Vitamin B1: 0.22mg (14.76%), Iron: 2.57mg (14.27%), Vitamin A: 697.53IU (13.95%), Vitamin B12: 0.83µg (13.75%), Vitamin E: 1.9mg (12.66%), Copper: 0.23mg (11.52%), Vitamin B3: 2.08mg (10.38%), Vitamin D: 1.08µg (7.21%)