



## Cauliflower Galettes with Chipotle Crème Fraîche



Vegetarian



Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



324 kcal

SIDE DISH

### Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 medium size head cauliflower cut into small florets
- ☐ 1 cup cheddar cheese freshly grated
- ☐ 2 chipotle peppers in adobo sauce canned finely chopped
- ☐ 1 cup crème fraîche sour
- ☐ 2 large eggs

- ☐ 6 oz greek yogurt plain fat-free
- ☐ 4 green onions divided sliced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon ground pepper red
- ☐ 1 tablespoon olive oil
- ☐ 1.3 teaspoons sea salt divided
- ☐ 4 tablespoons vegetable oil
- ☐ 1 cup cornmeal plain white yellow

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ broiler

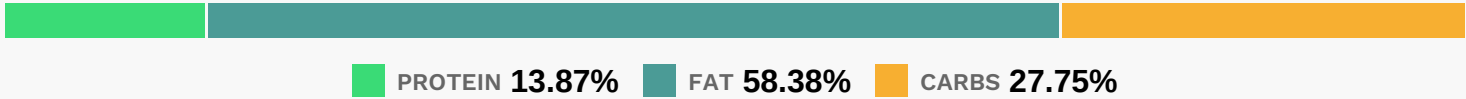
## Directions

- ☐ Preheat broiler with oven rack 8 inches from heat.
- ☐ Place cauliflower in a 15- x 10-inch jelly-roll pan.
- ☐ Drizzle with olive oil, and sprinkle with black pepper and 1/4 tsp. sea salt; toss to coat.
- ☐ Broil cauliflower 10 minutes or until lightly browned, stirring halfway through.
- ☐ Remove from oven; cool in pan on a wire rack 30 minutes.
- ☐ Whisk together cornmeal, next 3 ingredients, and remaining 1 tsp. sea salt in a medium bowl.
- ☐ Whisk together eggs, yogurt, and 1 cup water; whisk into dry ingredients. Fold in cheese and half of onions. Fold in cooled cauliflower.
- ☐ Drop half of batter by spoonfuls (about 2 Tbsp.) into 2 Tbsp. hot vegetable oil in a nonstick skillet over medium-low heat (do not crowd pan), and fry 3 to 4 minutes on each side or until

golden.

- ☐ Drain on paper towels. Repeat with remaining batter and oil.
- ☐ Sprinkle with remaining green onions.
- ☐ Stir together chipotle peppers and crme frache; serve with galettes.
- ☐ Brought to the table by cookbook author Ellise Pierce (adapted from Cowgirl Chef cookbook).

## Nutrition Facts



## Properties

Glycemic Index:31.5, Glycemic Load:1.14, Inflammation Score:-6, Nutrition Score:14.466956573984%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

## Nutrients (% of daily need)

Calories: 324.03kcal (16.2%), Fat: 21.46g (33.02%), Saturated Fat: 7.58g (47.38%), Carbohydrates: 22.95g (7.65%), Net Carbohydrates: 18.85g (6.86%), Sugar: 3.84g (4.26%), Cholesterol: 78.65mg (26.22%), Sodium: 619.7mg (26.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.48g (22.95%), Vitamin C: 36.14mg (43.8%), Vitamin K: 38.22µg (36.4%), Phosphorus: 252.7mg (25.27%), Calcium: 242.45mg (24.24%), Vitamin B2: 0.3mg (17.9%), Selenium: 11.49µg (16.42%), Fiber: 4.1g (16.4%), Folate: 63.38µg (15.84%), Vitamin B6: 0.31mg (15.6%), Vitamin B5: 1.4mg (13.97%), Manganese: 0.28mg (13.75%), Magnesium: 48.39mg (12.1%), Potassium: 419.43mg (11.98%), Zinc: 1.76mg (11.73%), Vitamin A: 502.94IU (10.06%), Iron: 1.73mg (9.63%), Vitamin E: 1.36mg (9.09%), Vitamin B1: 0.12mg (8.11%), Vitamin B12: 0.47µg (7.84%), Vitamin B3: 1.06mg (5.29%), Copper: 0.1mg (5.09%), Vitamin D: 0.33µg (2.23%)