



Cauliflower-Goat Cheese Gratin

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



640 kcal

SIDE DISH

Ingredients

- 1 head cauliflower cut into florets
- 6 ounces goat cheese cut into small pieces
- 2 cups cup heavy whipping cream
- 0.5 pound monterrey jack cheese grated
- 2 cups parmesan grated
- 6 servings salt and pepper freshly ground

Equipment

- oven

casserole dish

Directions

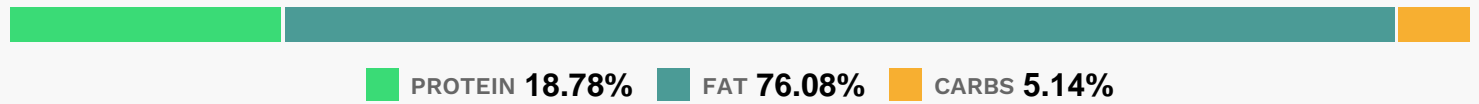
Watch how to make this recipe.

Preheat oven to 400 degrees F.

Layer the cauliflower, heavy cream, and the 3 cheeses in a medium casserole dish. Season with salt and pepper. Roast for 20 to 30 minutes or until the cauliflower is soft and the sauce has thickened slightly.

Remove from the oven and let rest for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:14.33, Glycemic Load:1.27, Inflammation Score:-8, Nutrition Score:20.950434684753%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 640.19kcal (32.01%), Fat: 54.95g (84.53%), Saturated Fat: 35.19g (219.96%), Carbohydrates: 8.35g (2.78%), Net Carbohydrates: 6.43g (2.34%), Sugar: 4.85g (5.39%), Cholesterol: 159mg (53%), Sodium: 1109.08mg (48.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.52g (61.04%), Calcium: 789.9mg (78.99%), Vitamin C: 46.67mg (56.57%), Phosphorus: 559.92mg (55.99%), Vitamin A: 2010.06IU (40.2%), Vitamin B2: 0.57mg (33.67%), Selenium: 16.73µg (23.9%), Vitamin K: 19.41µg (18.49%), Zinc: 2.76mg (18.41%), Folate: 70.34µg (17.58%), Vitamin B6: 0.34mg (16.76%), Vitamin B12: 0.89µg (14.91%), Copper: 0.28mg (13.83%), Vitamin B5: 1.26mg (12.65%), Magnesium: 49.34mg (12.34%), Potassium: 430.6mg (12.3%), Vitamin D: 1.78µg (11.84%), Manganese: 0.19mg (9.45%), Iron: 1.57mg (8.71%), Fiber: 1.92g (7.67%), Vitamin E: 1.03mg (6.86%), Vitamin B1: 0.1mg (6.82%), Vitamin B3: 0.78mg (3.92%)