



Cauliflower Gratin

 **Gluten Free**

READY IN



60 min.

SERVINGS



6

CALORIES



155 kcal

SIDE DISH

Ingredients

- 0.3 cup oz. bacon into pieces crumbled cooked
- 20 ounce cauliflower florets frozen thawed
- 10.8 ounce cream of mushroom soup fat free 98% canned (Regular or)
- 1 clove garlic minced
- 0.5 cup milk
- 1 cup swiss cheese finely grated

Equipment

- oven

Directions

- Spray a 2-quart casserole with cooking spray. Stir the soup, milk, garlic, cauliflower and half of the cheese in the casserole.
- Sprinkle with the bacon and remaining cheese.
- Bake at 350 degrees F for 50 minutes or until the cauliflower is tender and mixture is hot and bubbly.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:1.38, Inflammation Score:-4, Nutrition Score:11.100000101587%

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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 155.1kcal (7.76%), Fat: 8.72g (13.42%), Saturated Fat: 5.06g (31.63%), Carbohydrates: 8.71g (2.9%), Net Carbohydrates: 6.71g (2.44%), Sugar: 2.79g (3.1%), Cholesterol: 28.45mg (9.48%), Sodium: 570.83mg (24.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.73g (23.46%), Vitamin C: 45.7mg (55.4%), Calcium: 208.94mg (20.89%), Phosphorus: 180.93mg (18.09%), Manganese: 0.31mg (15.45%), Folate: 59.05µg (14.76%), Vitamin K: 14.97µg (14.26%), Vitamin B12: 0.73µg (12.24%), Vitamin B6: 0.23mg (11.27%), Zinc: 1.69mg (11.26%), Potassium: 391.83mg (11.2%), Vitamin B2: 0.17mg (10.02%), Selenium: 6.44µg (9.2%), Vitamin B5: 0.88mg (8.83%), Fiber: 2g (8.01%), Copper: 0.15mg (7.43%), Magnesium: 26.24mg (6.56%), Vitamin B3: 0.97mg (4.86%), Vitamin B1: 0.07mg (4.78%), Iron: 0.78mg (4.36%), Vitamin A: 182.38IU (3.65%), Vitamin D: 0.22µg (1.49%), Vitamin E: 0.19mg (1.29%)