



Cauliflower Gratin

 **Very Healthy**

READY IN



45 min.

SERVINGS



3

CALORIES



585 kcal

SIDE DISH

Ingredients

- 1 large head cauliflower cored cut into florets
- 1 cup heavy whipping cream
- 1 tablespoon flour all-purpose
- 1 cup parmesan grated
- 1 serving coarse mustard
- 0.5 cup breadcrumbs fresh
- 1 tablespoon butter unsalted cut into small pieces

Equipment

- bowl
- oven
- knife
- baking pan
- aluminum foil

Directions

- Preheat oven to 400 degrees. In a large bowl, combine cauliflower, heavy cream, flour, and 3/4 cup grated Parmesan. Season with salt and pepper and toss to combine.
- Transfer mixture to a 2-quart baking dish, cover tightly with foil, and bake 30 minutes. In a small bowl, combine 1/4 cup grated Parmesan and breadcrumbs.
- Sprinkle over cauliflower. Dot with butter and bake, uncovered, until topping is golden brown and cauliflower is tender when pierced with a knife, 10 to 15 minutes.
- Let cool 5 minutes before serving.

Nutrition Facts

PROTEIN 14.79% **FAT 63.88%** **CARBS 21.33%**

Properties

Glycemic Index:55.33, Glycemic Load:4.34, Inflammation Score:-9, Nutrition Score:27.763043320697%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 585.08kcal (29.25%), Fat: 42.85g (65.93%), Saturated Fat: 26.7g (166.89%), Carbohydrates: 32.2g (10.73%), Net Carbohydrates: 25.65g (9.33%), Sugar: 9.08g (10.09%), Cholesterol: 122.35mg (40.78%), Sodium: 790.08mg (34.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.32g (44.63%), Vitamin C: 135.44mg (164.17%), Calcium: 544.11mg (54.41%), Folate: 189.2µg (47.3%), Vitamin K: 48.05µg (45.76%), Phosphorus: 435.87mg (43.59%), Manganese: 0.63mg (31.55%), Vitamin A: 1544.34IU (30.89%), Vitamin B2: 0.52mg (30.32%), Vitamin B6: 0.6mg (29.87%), Potassium: 984.81mg (28.14%), Fiber: 6.55g (26.2%), Selenium: 17.56µg (25.08%), Vitamin B1: 0.37mg (24.4%), Vitamin B5: 2.34mg (23.41%), Magnesium: 71.4mg (17.85%), Vitamin B3: 2.91mg (14.57%), Zinc: 2.16mg (14.38%), Iron: 2.54mg (14.12%), Vitamin D: 1.51µg (10.04%), Vitamin B12: 0.6µg (9.96%),

Copper: 0.18mg (9%), Vitamin E: 1.16mg (7.71%)