



Cauliflower Gratin with Garlic Breadcrumbs

 Vegetarian

READY IN

ready

100 min.

SERVINGS

servings

8

CALORIES

calories

261 kcal

SIDE DISH

Ingredients

- ☐ 1 cup breadcrumbs toasted preferably panko
- ☐ 2 heads cauliflower stemmed cut into 1/2-inch slices
- ☐ 1 tablespoon curry powder
- ☐ 4 cloves garlic peeled
- ☐ 1 teaspoon garlic powder
- ☐ 2 granny smith apples cored peeled sliced
- ☐ 0.5 cup heavy cream
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 0.5 cup parmesan grated
- ☐ 8 servings salt and pepper freshly ground
- ☐ 2 tablespoons butter unsalted
- ☐ 2 onions yellow peeled thinly sliced

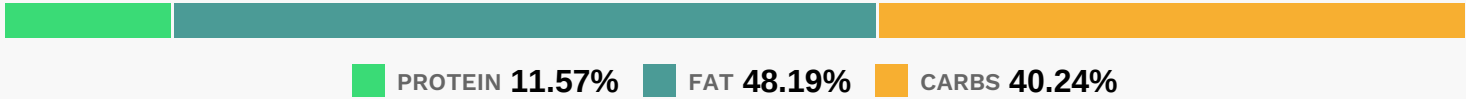
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ stove
- ☐ steamer basket

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Heat a large, heavy-bottomed pot over low heat.
- ☐ Add the olive oil, apples, onions and curry. Season lightly with salt and pepper. Cook over low heat until the apples and onions become tender and translucent, 3 to 5 minutes.
- ☐ Place a steamer basket over a pot of boiling water (or, if you have a steamer, simply use that) and steam the pieces of cauliflower until they are tender, 8 to 10 minutes. While the cauliflower is still warm, add it to the pot with the apple/onion mixture and stir to blend. Allow the vegetables to simmer gently on the stove until they are tender but still hold their shape, 15 to 20 minutes. If there is not sufficient liquid, add a little water to the pot so nothing burns as it cooks. Stir in the cream and allow the mixture to "rest" on the stove with the heat off, 5 to 10 minutes. Taste and adjust the seasoning, if needed.
- ☐ Prepare the topping: In a medium skillet, melt the butter and stir in the garlic. Cook for 1 minute, stirring, and season with salt.
- ☐ Add the garlic powder and breadcrumbs and stir to blend.
- ☐ Pour the cauliflower mixture into a gratin dish and top with half the breadcrumbs.
- ☐ Place in the oven and bake until hot and bubbly, 10 to 15 minutes.
- ☐ Remove and top with the Parmesan and the remaining breadcrumbs.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:3.81, Inflammation Score:-7, Nutrition Score:15.854782488035%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg

Nutrients (% of daily need)

Calories: 260.95kcal (13.05%), Fat: 14.66g (22.55%), Saturated Fat: 7.12g (44.5%), Carbohydrates: 27.54g (9.18%), Net Carbohydrates: 22.18g (8.07%), Sugar: 10.01g (11.12%), Cholesterol: 28.58mg (9.53%), Sodium: 442.76mg (19.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.92g (15.84%), Vitamin C: 74.06mg (89.77%), Vitamin K: 27.99µg (26.66%), Folate: 105.49µg (26.37%), Manganese: 0.46mg (23.06%), Fiber: 5.36g (21.42%), Vitamin B6: 0.38mg (18.85%), Potassium: 587.97mg (16.8%), Phosphorus: 157.81mg (15.78%), Calcium: 156.79mg (15.68%), Vitamin B1: 0.23mg (15.66%), Vitamin B2: 0.21mg (12.59%), Vitamin B5: 1.18mg (11.77%), Magnesium: 38.83mg (9.71%), Selenium: 6.72µg (9.6%), Iron: 1.72mg (9.58%), Vitamin B3: 1.77mg (8.83%), Vitamin A: 387.59IU (7.75%), Vitamin E: 1.12mg (7.45%), Copper: 0.13mg (6.52%), Zinc: 0.92mg (6.13%), Vitamin B12: 0.15µg (2.53%), Vitamin D: 0.32µg (2.15%)