



## Cauliflower Mac N Cheese

READY IN



110 min.

SERVINGS



6

CALORIES



733 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 6 servings pepper black freshly ground
- 3 tablespoons butter
- 1 large head cauliflower
- 1 cup chicken stock see
- 2 tablespoons dijon mustard
- 3 tablespoons flour
- 3 sprigs sage leaves fresh very thinly sliced
- 4 cloves garlic finely chopped
- 1 cup gruyère cheese

- 6 servings nutmeg freshly grated
- 1 tablespoon olive oil extra-virgin
- 1 onion finely chopped
- 1 cup parmigiano cheese shredded
- 6 servings salt
- 1 cup sharp cheddar cheese white
- 1 pound short cut pasta whole wheat whole (recommended: macaroni, ziti or penne rigate or, or grain pasta)
- 1 small bundle watercress washed and chopped
- 2.5 cups milk whole

## Equipment

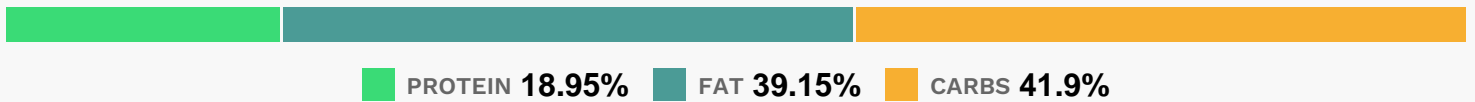
- bowl
- baking sheet
- oven
- whisk
- pot
- baking pan
- dutch oven

## Directions

- Watch how to make this recipe.
- Bring water to a boil for pasta. Salt the water and undercook the pasta by 2 minutes, about 5 to 6 minutes.
- While the water comes to a boil, in a covered Dutch oven heat extra-virgin olive oil over medium to medium-high heat.
- Cut the core away from the cauliflower and set the head into the pot and add 1 cup stock, cover and steam 12 to 15 minutes until tender.
- Remove and separate the cauliflower into florets. Discard water from pot.
- Over medium heat in the same pot, melt the butter, then add onions and garlic.

- Saute for 3 to 4 minutes, until tender.
- Add in the flour and whisk for 1 minute.
- Whisk in the whole milk and season with salt, pepper, nutmeg, and sage. When thickened, stir in the Dijon mustard and 2/3 of the combined cheeses.
- Drain the pasta, add to the cauliflower, stir in the cheese sauce, transfer to baking dish, top with remaining cheese. Cool completely and cover for a make-ahead meal.
- Preheat the oven to 400 degrees F.
- Bake until brown on a baking sheet to catch the bubble-over. The casserole will take 40 to 45 minutes to heat through.
- Garnish bowls of cauli-mac-n-cheese with chopped spicy watercress.

## Nutrition Facts



### Properties

Glycemic Index:78.67, Glycemic Load:6.47, Inflammation Score:-8, Nutrition Score:33.402174099632%

### Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg

### Nutrients (% of daily need)

Calories: 732.8kcal (36.64%), Fat: 32.07g (49.33%), Saturated Fat: 17.39g (108.71%), Carbohydrates: 77.23g (25.74%), Net Carbohydrates: 70.89g (25.78%), Sugar: 11.94g (13.27%), Cholesterol: 82.82mg (27.61%), Sodium: 985.03mg (42.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.92g (69.84%), Selenium: 67.16µg (95.94%), Vitamin C: 69.69mg (84.48%), Calcium: 744.64mg (74.46%), Phosphorus: 677.09mg (67.71%), Manganese: 1.12mg (55.93%), Copper: 0.97mg (48.68%), Vitamin B2: 0.54mg (31.56%), Folate: 115.25µg (28.81%), Vitamin B6: 0.55mg (27.66%), Zinc: 4.09mg (27.28%), Magnesium: 105.12mg (26.28%), Fiber: 6.35g (25.38%), Potassium: 887.13mg (25.35%), Vitamin K: 26.16µg (24.91%), Vitamin B12: 1.31µg (21.88%), Vitamin B5: 1.99mg (19.91%), Vitamin B1: 0.29mg (19.57%), Vitamin A: 880.27IU (17.61%), Vitamin B3: 3.13mg (15.64%), Iron: 2.29mg (12.75%), Vitamin D: 1.45µg (9.64%), Vitamin E: 1.02mg (6.82%)