



Cauliflower & macaroni cheese

READY IN



30 min.

SERVINGS



4

CALORIES



503 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 250 g .5 oz. macaroni
- ☐ 1 head cauliflower
- ☐ 25 g butter
- ☐ 2 tbsp flour plain
- ☐ 2 tsp dijon mustard english
- ☐ 450 ml milk
- ☐ 100 g cheddar cheese grated

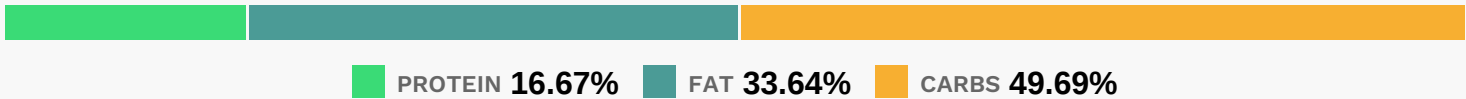
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Cook the macaroni following pack instructions, adding the cauliflower for the final 4 mins.
- ☐ Melt the butter in a pan, then stir in the flour and mustard powder and cook for 2 mins.
Gradually add the milk, stirring all the time to get a smooth sauce.
- ☐ Add three-quarters of the cheese and some seasoning to the sauce.
- ☐ Drain the macaroni and cauliflower and stir into the cheese sauce.
- ☐ Transfer to an ovenproof dish, then sprinkle over the remaining cheese and flash under a hot grill until golden and bubbling.
- ☐ Serve with a green salad, if you like.

Nutrition Facts



Properties

Glycemic Index:55.5, Glycemic Load:5.66, Inflammation Score:-7, Nutrition Score:24.218695878983%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 502.76kcal (25.14%), Fat: 18.96g (29.18%), Saturated Fat: 10.55g (65.96%), Carbohydrates: 63.03g (21.01%), Net Carbohydrates: 58.06g (21.11%), Sugar: 10.42g (11.57%), Cholesterol: 52.36mg (17.45%), Sodium: 507.23mg (22.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.15g (42.3%), Vitamin C: 69.29mg (83.98%), Selenium: 50.98µg (72.82%), Phosphorus: 418.61mg (41.86%), Manganese: 0.83mg (41.43%), Calcium: 366.27mg (36.63%), Folate: 105.49µg (26.37%), Vitamin B2: 0.41mg (24.4%), Vitamin K: 23.74µg (22.61%), Vitamin B6: 0.44mg (22.16%), Potassium: 767.99mg (21.94%), Fiber: 4.98g (19.91%), Magnesium: 76.31mg (19.08%), Zinc: 2.69mg (17.96%), Vitamin B5: 1.79mg (17.88%), Vitamin B1: 0.23mg (15.34%), Vitamin B12: 0.9µg (15.04%), Copper: 0.25mg (12.57%), Vitamin A: 594.65IU (11.89%), Vitamin B3: 2.15mg (10.75%), Vitamin D: 1.43µg (9.51%), Iron: 1.63mg (9.06%), Vitamin E: 0.58mg (3.84%)