



Cauliflower Maque Choux

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



288 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon pepper black
- 2 pounds cauliflower cut into 1-inch-wide florets
- 2 tablespoons apple cider vinegar
- 0.5 cup corn fresh frozen thawed (from 1 small ear)
- 0.3 cup parsley fresh chopped
- 2 tablespoons garlic minced
- 0.5 cup bell pepper diced green ()
- 1 cup heavy whipping cream

- 1 can hominy white rinsed drained (15-ounce)
- 0.5 teaspoon kosher salt
- 1 cup chicken stock low-sodium
- 0.5 cup olive oil
- 0.5 cup onion diced ()
- 0.5 cup bell pepper diced red ()
- 0.1 teaspoon pepper dried red hot
- 6 servings spring onion thinly sliced
- 2 tablespoons serrano ham finely chopped
- 1 bay leaves
- 2 tablespoons butter unsalted

Equipment

- bowl
- paper towels
- sauce pan
- oven
- sieve
- baking pan
- slotted spoon
- tongs

Directions

- Put oven rack in middle position and preheat oven to 450F.
- Toss cauliflower with oil, kosher salt, and pepper in a bowl.
- Spread in 1 layer in a shallow (1-inch-deep) baking pan and roast, turning over with tongs halfway through roasting, until golden brown and tender, 20 to 25 minutes total.
- Transfer cauliflower with a slotted spoon to paper towels to drain, then carefully pour oil from baking pan through a fine-mesh sieve into a small bowl.

- While cauliflower roasts, bring hominy and cream just to a simmer in a 1- to 1 1/2-quart heavy saucepan over moderate heat, then remove from heat and let stand, uncovered, stirring occasionally, 20 minutes.
- Meanwhile, heat butter and 2 tablespoons strained oil in a 3-quart heavy saucepan over moderate heat until foam subsides, then cook ham (if using), stirring, 2 minutes.
- Add onion and bell peppers and cook, stirring, until softened, 4 to 5 minutes. Stir in garlic, red pepper flakes, and bay leaf and cook, stirring, 1 minute.
- Add vinegar and stock and simmer briskly, uncovered, until liquid is reduced by about half, 12 to 15 minutes.
- Stir in hominy mixture and corn and simmer, uncovered, 2 minutes.
- Add cauliflower and salt to taste and simmer, stirring once or twice, until heated through, about 2 minutes. Stir in parsley.

Nutrition Facts

PROTEIN 10.01%

FAT 68.29%

CARBS 21.7%

Properties

Glycemic Index:44.5, Glycemic Load:2.29, Inflammation Score:-9, Nutrition Score:18.529565277307%

Flavonoids

Apigenin: 5.45mg, Apigenin: 5.45mg, Apigenin: 5.45mg, Apigenin: 5.45mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg

Nutrients (% of daily need)

Calories: 287.55kcal (14.38%), Fat: 23.13g (35.58%), Saturated Fat: 12.42g (77.62%), Carbohydrates: 16.53g (5.51%), Net Carbohydrates: 12.09g (4.4%), Sugar: 5.7g (6.33%), Cholesterol: 57.5mg (19.17%), Sodium: 365.47mg (15.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.63g (15.26%), Vitamin C: 106.26mg (128.8%), Vitamin K: 82.36µg (78.44%), Vitamin A: 1419.52IU (28.39%), Folate: 110.67µg (27.67%), Vitamin B6: 0.44mg (22.05%), Potassium: 678.83mg (19.4%), Manganese: 0.38mg (19.08%), Fiber: 4.44g (17.74%), Phosphorus: 132.41mg (13.24%), Vitamin B2: 0.22mg (12.89%), Vitamin B5: 1.25mg (12.55%), Vitamin E: 1.43mg (9.52%), Magnesium: 37.96mg (9.49%), Vitamin B3: 1.85mg (9.25%), Vitamin B1: 0.13mg (8.59%), Calcium: 81.44mg (8.14%), Iron: 1.37mg (7.64%), Copper: 0.13mg (6.25%), Zinc: 0.8mg (5.34%), Vitamin D: 0.7µg (4.7%), Selenium: 2.77µg (3.96%), Vitamin B12: 0.11µg (1.85%)