



Cauliflower Maque Choux

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



284 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 2 pounds cauliflower cut into 1-inch-wide florets
- ☐ 1 cup chicken stock or broth low-sodium
- ☐ 2 tablespoons cider vinegar
- ☐ 0.5 cup regular corn fresh frozen thawed (from 1 small ear)
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 2 tablespoons garlic minced
- ☐ 0.5 cup bell pepper diced green ()

- ☐ 1 cup heavy cream
- ☐ 1 can hominy white rinsed drained (15-ounce)
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 cup olive oil
- ☐ 0.5 cup onion diced ()
- ☐ 0.5 cup bell pepper diced red ()
- ☐ 0.1 teaspoon pepper flakes dried red hot
- ☐ 6 servings garnish: scallions thinly sliced
- ☐ 2 tablespoons serrano ham finely chopped
- ☐ 1 turkish or
- ☐ 2 tablespoons butter unsalted

Equipment

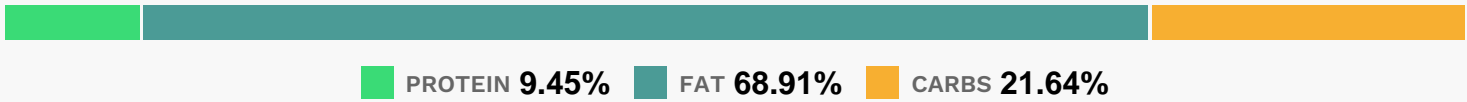
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ baking pan
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ Put oven rack in middle position and preheat oven to 450°F.
- ☐ 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



Properties

Glycemic Index:44.5, Glycemic Load:2.29, Inflammation Score:-9, Nutrition Score:18.381304424742%

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: 283.61kcal (14.18%), Fat: 22.97g (35.34%), Saturated Fat: 12.35g (77.21%), Carbohydrates: 16.23g (5.41%), Net Carbohydrates: 11.79g (4.29%), Sugar: 5.82g (6.46%), Cholesterol: 58.28mg (19.43%), Sodium: 498.98mg (21.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.09g (14.18%), Vitamin C: 106.26mg (128.8%), Vitamin K: 82.36µg (78.44%), Vitamin A: 1420.3IU (28.41%), Folate: 110.67µg (27.67%), Vitamin B6: 0.44mg (21.85%), Manganese: 0.4mg (19.98%), Potassium: 652.05mg (18.63%), Fiber: 4.44g (17.74%), Vitamin B2: 0.23mg (13.56%), Vitamin B5: 1.26mg (12.58%), Phosphorus: 122.18mg (12.22%), Vitamin E: 1.44mg (9.62%), Magnesium: 37.96mg (9.49%), Vitamin B1: 0.14mg (9.13%), Calcium: 81.44mg (8.14%), Iron: 1.32mg (7.33%), Vitamin B3: 1.4mg (6.98%), Copper: 0.11mg (5.54%), Zinc: 0.79mg (5.26%), Vitamin D: 0.7µg (4.7%), Selenium: 2.93µg (4.18%), Vitamin B12: 0.08µg (1.32%)