



Cauliflower, Poblano and Ham Gratin

READY IN



60 min.

SERVINGS



6

CALORIES



433 kcal

SIDE DISH

Ingredients

- ☐ 24 oz cauliflower frozen
- ☐ 10 oz rice frozen prepared
- ☐ 6 tablespoons butter
- ☐ 0.5 cup onion finely chopped
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 teaspoon ground mustard
- ☐ 1 cup milk
- ☐ 2 cups finely-chopped ham fully cooked chopped
- ☐ 2 large poblano pepper stemmed peeled seeded sliced

☐ 0.5 cup panko bread crumbs plain crispy

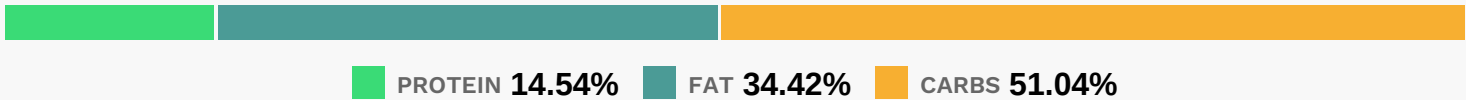
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ microwave

Directions

- ☐ Heat oven to 350°F. Spray 2 1/2-quart shallow casserole with cooking spray. Cook frozen cauliflower as directed on bag. Cook frozen rice as directed on package. Set aside.
- ☐ In 4-quart saucepan, melt 3 tablespoons of the butter. Cook onion in butter about 4 minutes, stirring occasionally, until softened. Stir in flour and mustard with whisk; cook about 1 minute. Slowly stir in milk. Cook and stir until bubbly and slightly thickened. Stir in cooked cauliflower, ham and chile slices. Spoon into casserole.
- ☐ In small microwavable bowl, microwave remaining 3 tablespoons butter uncovered on High about 1 minute or until melted; stir in bread crumbs.
- ☐ Sprinkle over vegetable mixture in casserole.
- ☐ Bake 25 to 30 minutes or until bubbly around edge.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:48.86, Glycemic Load:27.05, Inflammation Score:-8, Nutrition Score:21.190869497216%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 2.68mg, Luteolin: 2.68mg, Luteolin: 2.68mg, Luteolin: 2.68mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg

Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg

Nutrients (% of daily need)

Calories: 433.07kcal (21.65%), Fat: 16.68g (25.67%), Saturated Fat: 8.94g (55.85%), Carbohydrates: 55.66g (18.55%), Net Carbohydrates: 51.25g (18.64%), Sugar: 6.41g (7.12%), Cholesterol: 62.48mg (20.83%), Sodium: 615.8mg (26.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.85g (31.71%), Vitamin C: 108.4mg (131.39%), Manganese: 0.87mg (43.64%), Phosphorus: 288.51mg (28.85%), Vitamin B1: 0.43mg (28.71%), Selenium: 19.48µg (27.82%), Vitamin B6: 0.56mg (27.76%), Folate: 90.72µg (22.68%), Vitamin K: 23.18µg (22.08%), Potassium: 695.01mg (19.86%), Vitamin B5: 1.85mg (18.49%), Vitamin B3: 3.56mg (17.82%), Vitamin B2: 0.3mg (17.66%), Fiber: 4.41g (17.62%), Zinc: 2.05mg (13.69%), Magnesium: 52.9mg (13.23%), Vitamin B12: 0.79µg (13.2%), Copper: 0.25mg (12.66%), Vitamin A: 618.38IU (12.37%), Calcium: 112.95mg (11.29%), Iron: 1.84mg (10.21%), Vitamin E: 0.72mg (4.77%), Vitamin D: 0.45µg (2.98%)