



Cauliflower, Poblano and Ham Gratin

READY IN



60 min.

SERVINGS



6

CALORIES



627 kcal

SIDE DISH

Ingredients

- ☐ 6 tablespoons butter
- ☐ 2 cups finely-chopped ham fully cooked chopped
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 teaspoon ground mustard
- ☐ 1 cup milk
- ☐ 24 oz nacho cheese dip frozen
- ☐ 0.5 cup onion finely chopped
- ☐ 0.5 cup panko bread crumbs plain crispy
- ☐ 2 large poblano pepper stemmed peeled seeded sliced

☐ 10 oz rice frozen prepared

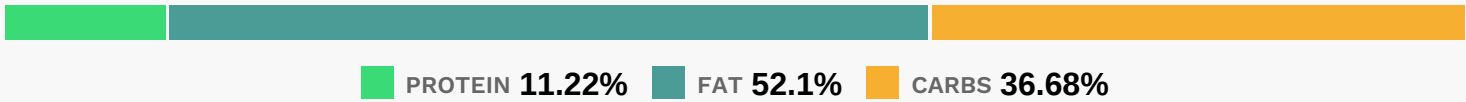
Equipment

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

Directions

- ☐ Heat oven to 350F. 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:43.53, Glycemic Load:25.97, Inflammation Score:-8, Nutrition Score:15.802173842555%

Flavonoids

Luteolin: 2.58mg, Luteolin: 2.58mg, Luteolin: 2.58mg, Luteolin: 2.58mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

Nutrients (% of daily need)

Calories: 626.98kcal (31.35%), Fat: 36.66g (56.41%), Saturated Fat: 13.32g (83.27%), Carbohydrates: 58.07g (19.36%), Net Carbohydrates: 55.93g (20.34%), Sugar: 8.78g (9.75%), Cholesterol: 72.68mg (24.23%), Sodium: 1512.78mg (65.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.76g (35.52%), Vitamin C: 53.74mg (65.14%), Manganese: 0.7mg (34.85%), Selenium: 18.8µg (26.85%), Vitamin B1: 0.37mg (24.93%), Vitamin A: 1226.19IU (24.52%), Phosphorus: 238.62mg (23.86%), Vitamin B6: 0.35mg (17.33%), Calcium: 168.97mg (16.9%), Vitamin B3: 2.99mg (14.95%), Vitamin B2: 0.23mg (13.65%), Vitamin B12: 0.79µg (13.2%), Zinc: 1.75mg (11.65%), Vitamin B5: 1.09mg (10.92%), Copper: 0.21mg (10.44%), Potassium: 355.95mg (10.17%), Magnesium: 35.89mg (8.97%), Fiber: 2.14g (8.55%), Iron: 1.36mg (7.56%), Folate: 26.08µg (6.52%), Vitamin K: 5.61µg (5.34%), Vitamin E: 0.63mg (4.17%), Vitamin D: 0.45µg (2.98%)