



WHATSheATE



## Cauliflower Steaks with Cauliflower Purée



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



278 kcal

SIDE DISH

### Ingredients

- ☐ 1.5 pound cauliflower
- ☐ 2 tablespoons vegetable oil plus additional for brushing
- ☐ 1.5 cups water
- ☐ 1 cup milk whole

### Equipment

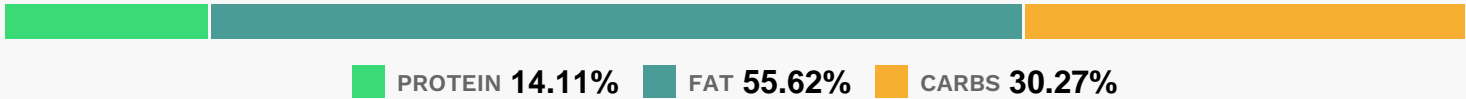
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan

- ☐ oven
- ☐ knife
- ☐ blender

## Directions

- ☐ Preheat oven to 250°F. Using sharp heavy knife and starting at top center of cauliflower head, cut two 1-inch-thick slices of cauliflower, cutting through stem end. Set cauliflower steaks aside.
- ☐ Cut enough florets from remaining cauliflower head to measure 3 cups.
- ☐ Combine florets, 1 1/2 cups water, and milk in medium saucepan, and sprinkle with salt and pepper. Bring to boil and cook until cauliflower florets are very tender, about 10 minutes. Strain, reserving 1 cup cooking liquid.
- ☐ Spread florets on large rimmed baking sheet, and bake 10 minutes until slightly dry.
- ☐ Transfer florets to blender.
- ☐ Add reserved 1 cup cooking liquid and puree until smooth. Return puree to same saucepan and increase oven temperature to 350°F.
- ☐ Heat 2 tablespoons vegetable oil in heavy large ovenproof skillet over medium-high heat.
- ☐ Brush cauliflower steaks with additional oil and sprinkle with salt and pepper.
- ☐ Add cauliflower steaks to skillet and cook until golden brown, about 2 minutes per side.
- ☐ Transfer skillet to oven and bake cauliflower steaks until tender, about 10 minutes.
- ☐ Rewarm cauliflower puree over medium heat. Divide puree between 2 plates; top each with cauliflower steak.
- ☐ Nutrition Data

## Nutrition Facts



## Properties

Glycemic Index:35, Glycemic Load:5.4, Inflammation Score:-8, Nutrition Score:24.037826154543%

## Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 278.47kcal (13.92%), Fat: 18.46g (28.39%), Saturated Fat: 4.79g (29.91%), Carbohydrates: 22.61g (7.54%), Net Carbohydrates: 15.8g (5.75%), Sugar: 12.37g (13.74%), Cholesterol: 14.64mg (4.88%), Sodium: 157.29mg (6.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.53g (21.07%), Vitamin C: 163.97mg (198.76%), Vitamin K: 78.11µg (74.39%), Folate: 193.91µg (48.48%), Vitamin B6: 0.7mg (35.02%), Potassium: 1200.18mg (34.29%), Phosphorus: 272.91mg (27.29%), Vitamin B5: 2.72mg (27.24%), Fiber: 6.8g (27.22%), Manganese: 0.53mg (26.61%), Calcium: 230.23mg (23.02%), Vitamin B2: 0.37mg (21.91%), Magnesium: 67.44mg (16.86%), Vitamin B1: 0.24mg (15.89%), Vitamin B12: 0.66µg (10.98%), Vitamin E: 1.45mg (9.64%), Zinc: 1.44mg (9.58%), Vitamin B3: 1.85mg (9.26%), Vitamin D: 1.34µg (8.95%), Copper: 0.16mg (8.11%), Iron: 1.43mg (7.95%), Selenium: 4.36µg (6.23%), Vitamin A: 197.64IU (3.95%)