






 5%  
HEALTH SCORE

# Cauliflower Supreme

 Gluten Free

READY IN  
  
45 min.

SERVINGS  
  
6

CALORIES  
  
222 kcal

SIDE DISH

## Ingredients

- 0.3 cup blanched slivered almonds
- 0.5 cup butter
- 1 head cauliflower
- 2 teaspoons chicken bouillon
- 1.5 tablespoons cornstarch
- 0.5 pound mushrooms fresh sliced
- 0.5 pound mushrooms fresh sliced
- 0.5 cup spring onion sliced

1 cup water

## Equipment

frying pan

sauce pan

## Directions

Heat one inch of water to a boil in a saucepan over medium-high heat.

Add cauliflower florets, and cook covered for 7 to 9 minutes, or until tender.

Drain and set aside.

Melt the butter in a large skillet over medium heat.

Saute mushrooms, onion, and almonds. Stir in the chicken bouillon. Dissolve the cornstarch in water, and gradually stir into the mushroom mixture. Cook until thickened.

Pour the mushroom mixture over the hot cauliflower, and serve.

## Nutrition Facts

 **PROTEIN 9.73%** **FAT 72.09%** **CARBS 18.18%**

## Properties

Glycemic Index:29.67, Glycemic Load:1.59, Inflammation Score:-6, Nutrition Score:14.615217385085%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

## Nutrients (% of daily need)

Calories: 221.97kcal (11.1%), Fat: 19.04g (29.29%), Saturated Fat: 10.13g (63.29%), Carbohydrates: 10.8g (3.6%), Net Carbohydrates: 7.3g (2.65%), Sugar: 3.82g (4.24%), Cholesterol: 40.67mg (13.56%), Sodium: 165.38mg (7.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.78g (11.57%), Vitamin C: 49.35mg (59.81%), Vitamin K: 33.43µg (31.84%), Vitamin B2: 0.42mg (24.55%), Folate: 76.33µg (19.08%), Vitamin B5: 1.82mg (18.17%), Copper: 0.35mg (17.69%), Vitamin B3: 3.48mg (17.39%), Potassium: 594.18mg (16.98%), Manganese: 0.31mg (15.43%), Phosphorus: 143.97mg (14.4%), Fiber: 3.5g (14.01%), Vitamin B6: 0.27mg (13.38%), Vitamin E: 1.99mg (13.29%), Selenium: 8.1µg (11.57%), Vitamin A: 556.23IU (11.12%), Magnesium: 39.79mg (9.95%), Vitamin B1: 0.13mg (8.41%), Iron: 1.11mg (6.19%),

Zinc: 0.88mg (5.9%), Calcium: 49.37mg (4.94%), Vitamin B12: 0.06µg (1.04%), Vitamin D: 0.15µg (1.01%)