



Cauliflower With Cheese Sauce

 Vegetarian

READY IN



21 min.

SERVINGS



6

CALORIES



255 kcal

SIDE DISH

Ingredients

- 3 tablespoons butter
- 2 lb cauliflower
- 12 oz evaporated milk canned
- 3 tablespoons flour all-purpose
- 0.3 teaspoon ground pepper white
- 1 pinch paprika
- 0.5 teaspoon salt
- 1 cup sharp cheddar cheese grated

Equipment

- sauce pan
- oven
- whisk
- roasting pan
- aluminum foil

Directions

- Preheat oven to 400.
- Trim bottom leaves from cauliflower.
- Remove core, leaving head intact.
- Place cauliflower on a large piece of heavy-duty aluminum foil. Loosely fold sides of foil up and over cauliflower; crimp sides of foil together to seal, leaving top of foil open.
- Sprinkle 2 Tbsp. water over cauliflower. Crimp top of foil together to seal. (Foil should be loose, allowing cauliflower to steam.)
- Place foil-covered cauliflower in a roasting pan.
- Bake at 400 for 45 minutes.
- Meanwhile, melt butter in a medium saucepan over medium heat; gradually whisk in flour until a paste forms, and cook, whisking constantly, 1 minute.
- Whisk in evaporated milk, and cook, whisking constantly, 5 minutes or until thickened and smooth.
- Whisk in cheese until melted.
- Whisk in salt and pepper.
- Remove cauliflower from oven and fold foil halfway down sides of cauliflower. Top cauliflower with cheese sauce, and sprinkle with paprika.
- Bake at 400 for 10 minutes.
- Serve immediately.
- Cauliflower With Southwest Cheese Sauce: Prepare recipe as directed, substituting Monterey Jack cheese with peppers for sharp Cheddar cheese and adding 1 (10-oz.) can diced

tomatoes and green chiles, drained, to cheese sauce with salt and pepper.

Sprinkle with salt to taste.

Nutrition Facts

PROTEIN 17.57% **FAT 57.31%** **CARBS 25.12%**

Properties

Glycemic Index:33.17, Glycemic Load:3.63, Inflammation Score:-7, Nutrition Score:16.207391401996%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 255.32kcal (12.77%), Fat: 16.83g (25.89%), Saturated Fat: 10.02g (62.63%), Carbohydrates: 16.6g (5.53%), Net Carbohydrates: 13.45g (4.89%), Sugar: 8.66g (9.62%), Cholesterol: 50.33mg (16.78%), Sodium: 467.52mg (20.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.61g (23.22%), Vitamin C: 73.97mg (89.66%), Calcium: 317.02mg (31.7%), Phosphorus: 273.81mg (27.38%), Folate: 101.76µg (25.44%), Vitamin K: 24.74µg (23.56%), Vitamin B2: 0.37mg (22.01%), Potassium: 644.55mg (18.42%), Vitamin B6: 0.32mg (16.09%), Vitamin B5: 1.47mg (14.73%), Manganese: 0.27mg (13.48%), Selenium: 8.89µg (12.69%), Fiber: 3.15g (12.61%), Magnesium: 42.45mg (10.61%), Zinc: 1.57mg (10.47%), Vitamin A: 507.36IU (10.15%), Vitamin B1: 0.14mg (9.17%), Vitamin B3: 1.11mg (5.56%), Iron: 0.97mg (5.36%), Vitamin B12: 0.3µg (5.04%), Copper: 0.08mg (4.03%), Vitamin E: 0.52mg (3.48%), Vitamin D: 0.17µg (1.13%)