



Cauliflower with Leek "Ash"



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



177 kcal

SIDE DISH

Ingredients

- ☐ 1 small head cauliflower cut into large florets, trimmings reserved
- ☐ 4 servings kosher salt
- ☐ 1 medium leek white halved lengthwise
- ☐ 4 cups milk whole

Equipment

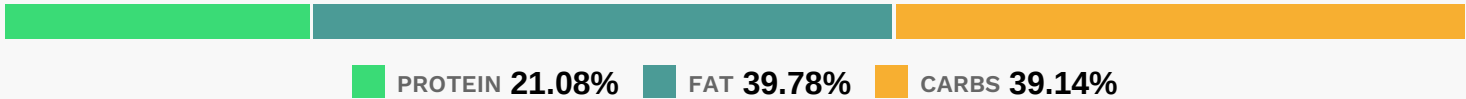
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet

- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil
- ☐ mandoline
- ☐ immersion blender

Directions

- ☐ Preheat oven to 500°F. Set vents to high and open a window for adequate ventilation.
- ☐ Place leek on a foil-lined baking sheet. Roast until blackened, dry, and crisp, 70–90 minutes.
- ☐ Let leek cool. Break into shards. DO AHEAD: Leek ash can be made 3 days ahead. Store airtight at room temperature.
- ☐ Using a mandoline, thinly slice 3 large cauliflower florets lengthwise (reserve trimmings); set aside.
- ☐ Bring milk and 1 cup cauliflower trimmings to a boil in a large saucepan; reduce heat and simmer until cauliflower is tender, 20–25 minutes.
- ☐ Let cool slightly, then transfer cauliflower mixture to a blender or use an immersion blender in the pan and purée until smooth.
- ☐ Return cauliflower purée to saucepan, add remaining cauliflower florets, and season with salt. Simmer until florets are just tender, 8–10 minutes. Using a slotted spoon, transfer florets to a medium bowl (rinse off any purée on florets).
- ☐ Strain purée into another medium bowl. Divide florets among shallow bowls; spoon purée over.
- ☐ Garnish with reserved cauliflower slices; sprinkle with leek ash.

Nutrition Facts



Properties

Glycemic Index: 25.5, Glycemic Load: 5.84, Inflammation Score: -7, Nutrition Score: 14.404782554378%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol:

0.83mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 176.54kcal (8.83%), Fat: 8.06g (12.4%), Saturated Fat: 4.63g (28.96%), Carbohydrates: 17.85g (5.95%), Net Carbohydrates: 16.12g (5.86%), Sugar: 13.87g (15.41%), Cholesterol: 29.28mg (9.76%), Sodium: 310.83mg (13.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.61g (19.22%), Vitamin C: 34.6mg (41.94%), Calcium: 327.94mg (32.79%), Phosphorus: 283.38mg (28.34%), Vitamin B2: 0.38mg (22.54%), Vitamin B12: 1.32µg (21.96%), Vitamin K: 21.46µg (20.44%), Vitamin D: 2.68µg (17.89%), Potassium: 604.18mg (17.26%), Vitamin B6: 0.32mg (16.13%), Vitamin A: 766.19IU (15.32%), Vitamin B5: 1.38mg (13.83%), Folate: 52µg (13%), Vitamin B1: 0.18mg (12.21%), Magnesium: 45.45mg (11.36%), Manganese: 0.22mg (11%), Zinc: 1.21mg (8.04%), Selenium: 5.26µg (7.51%), Fiber: 1.73g (6.9%), Iron: 0.75mg (4.15%), Vitamin B3: 0.68mg (3.41%), Copper: 0.06mg (2.76%), Vitamin E: 0.38mg (2.53%)