



Cauliflower With Southwest Cheese Sauce

 Vegetarian

READY IN



21 min.

SERVINGS



6

CALORIES



264 kcal

SIDE DISH

Ingredients

- 3 tablespoons butter
- 10 oz canned tomatoes diced green drained canned
- 2 lb cauliflower
- 12 oz evaporated milk canned
- 3 tablespoons flour all-purpose
- 0.3 teaspoon ground pepper white
- 1 cup monterrey jack cheese with peppers grated
- 1 pinch paprika

- 0.5 teaspoon salt
- 6 servings salt to taste

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 tomatoes, 1/2 tsp. salt, and pepper.
- Remove cauliflower from oven and fold foil halfway down sides of cauliflower. Top cauliflower with cheese sauce, and sprinkle with paprika and salt to taste.
- Bake at 400 for 10 minutes.
- Serve immediately.

Nutrition Facts

PROTEIN 18.3% FAT 53.1% CARBS 28.6%

Properties

Glycemic Index:39.5, Glycemic Load:4.51, Inflammation Score:-7, Nutrition Score:18.222608602565%

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: 263.84kcal (13.19%), Fat: 16.27g (25.03%), Saturated Fat: 10.02g (62.63%), Carbohydrates: 19.71g (6.57%), Net Carbohydrates: 15.66g (5.69%), Sugar: 10.77g (11.97%), Cholesterol: 48.25mg (16.08%), Sodium: 713.51mg (31.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.61g (25.22%), Vitamin C: 78.32mg (94.93%), Calcium: 340.55mg (34.06%), Phosphorus: 286.29mg (28.63%), Folate: 107.34µg (26.83%), Vitamin K: 27.27µg (25.97%), Vitamin B2: 0.39mg (22.89%), Potassium: 783.79mg (22.39%), Vitamin B6: 0.39mg (19.73%), Manganese: 0.36mg (17.84%), Fiber: 4.05g (16.2%), Vitamin B5: 1.57mg (15.66%), Magnesium: 51.9mg (12.98%), Vitamin B1: 0.17mg (11.36%), Vitamin A: 565.06IU (11.3%), Zinc: 1.57mg (10.48%), Selenium: 6.57µg (9.39%), Iron: 1.69mg (9.37%), Vitamin B3: 1.7mg (8.49%), Copper: 0.17mg (8.36%), Vitamin E: 1.02mg (6.81%), Vitamin B12: 0.26µg (4.32%), Vitamin D: 0.17µg (1.13%)