



Cheat's cauli-macaroni cheese

READY IN



30 min.

SERVINGS



4

CALORIES



570 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 300 g rigatoni
- ☐ 1 small cauliflower sliced into florets
- ☐ 200 ml crème fraîche
- ☐ 2 tsp coarse mustard
- ☐ 175 g lancashire cheese red grated
- ☐ 2 tomatoes cut into rough wedges

Equipment

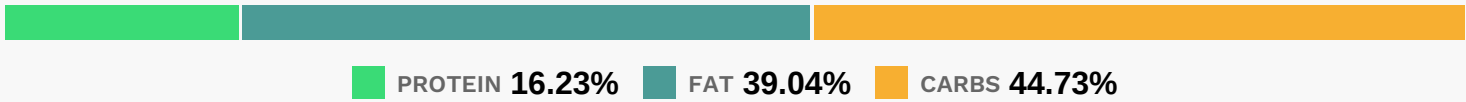
- ☐ frying pan

☐ grill

Directions

- ☐ Cook the pasta: Bring a large pan of water to the boil. Toss in the pasta and bring back to the boil, then cook for a couple of minutes. Tip in the cauliflower and cook for a further 8–10 minutes until both are tender.
- ☐ Drain the pasta and cauliflower well.
- ☐ Put the crme frache, mustard and most of the cheese (keeping back a good handful) into the pasta pan. Stir and warm through over a low heat just until the cheese starts to melt.
- ☐ Finish the dish: Preheat the grill to hot. Tip the pasta and cauliflower into the cheese sauce and gently stir together. Season to taste.
- ☐ Transfer to a flameproof dish, scatter the tomatoes over the top, then the rest of the cheese and a sprinkling of freshly ground black pepper. Grill for about 5 minutes until brown and bubbling.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:23.78, Inflammation Score:-7, Nutrition Score:20.773478114087%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg 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: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 570.34kcal (28.52%), Fat: 24.87g (38.26%), Saturated Fat: 14.46g (90.36%), Carbohydrates: 64.11g (21.37%), Net Carbohydrates: 59.54g (21.65%), Sugar: 6.62g (7.36%), Cholesterol: 73.74mg (24.58%), Sodium: 288.77mg (12.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.25g (46.51%), Selenium: 56.79µg (81.13%), Vitamin C: 40.81mg (49.46%), Manganese: 0.88mg (43.82%), Phosphorus: 428.3mg (42.83%), Calcium: 368.46mg (36.85%), Vitamin A: 918.83IU (18.38%), Vitamin B2: 0.31mg (18.29%), Zinc: 2.74mg (18.28%), Fiber: 4.57g (18.28%), Magnesium: 71.7mg (17.93%), Folate: 71.45µg (17.86%), Potassium: 617.16mg (17.63%), Vitamin B6: 0.34mg (17.15%), Vitamin K: 15.97µg (15.21%), Copper: 0.29mg (14.47%), Vitamin B3: 2.08mg (10.4%), Vitamin B5: 0.99mg

(9.91%), Vitamin B1: 0.14mg (9.19%), Iron: 1.58mg (8.78%), Vitamin B12: 0.45µg (7.53%), Vitamin E: 0.66mg (4.41%)