



Cheddar Cauliflower

READY IN



45 min.

SERVINGS



6

CALORIES



280 kcal

SIDE DISH

Ingredients

- 3 tablespoons butter
- 1 cauliflower cut into flowerets
- 0.3 teaspoon celery salt
- 3 tablespoons flour all-purpose
- 3.5 ounce french-fried onions divided crushed canned
- 1.5 cups milk
- 0.3 teaspoon pepper
- 1 tablespoon pimientos chopped
- 1 teaspoon salt

0.7 cup cheddar cheese shredded

Equipment

frying pan

oven

whisk

baking pan

steamer basket

Directions

Arrange cauliflower in a steamer basket over boiling water. Cover and steam 10 minutes or until crisp-tender.

Place in a lightly greased 2-quart baking dish.

Melt butter in a heavy sauce-pan over low heat; whisk in flour, whisking until smooth. Cook, whisking constantly, 1 minute. Gradually whisk in milk; cook over medium heat, whisking constantly, until thickened and bubbly.

Add cheese and next 4 ingredients, stirring until cheese melts. Stir in 1 1/2 cups crushed onions.

Pour mixture over cauliflower.

Bake at 350 for 25 minutes.

Sprinkle with remaining crushed onions, and bake 5 more minutes.

Nutrition Facts



PROTEIN 10.27% **FAT 64.34%** **CARBS 25.39%**

Properties

Glycemic Index:41.5, Glycemic Load:4.2, Inflammation Score:-6, Nutrition Score:11.150434846463%

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: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 280.03kcal (14%), Fat: 20.21g (31.09%), Saturated Fat: 8.29g (51.79%), Carbohydrates: 17.94g (5.98%), Net Carbohydrates: 15.85g (5.76%), Sugar: 4.9g (5.44%), Cholesterol: 19.88mg (6.63%), Sodium: 822.8mg (35.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.26g (14.52%), Vitamin C: 48.81mg (59.16%), Calcium: 188.39mg (18.84%), Phosphorus: 167.6mg (16.76%), Folate: 64.38µg (16.1%), Vitamin K: 15.74µg (14.99%), Vitamin B2: 0.22mg (12.95%), Vitamin B6: 0.23mg (11.57%), Potassium: 400.69mg (11.45%), Vitamin A: 541.85IU (10.84%), Manganese: 0.19mg (9.6%), Vitamin B5: 0.94mg (9.42%), Selenium: 6.57µg (9.38%), Fiber: 2.1g (8.39%), Vitamin B12: 0.47µg (7.82%), Vitamin B1: 0.12mg (7.76%), Zinc: 1mg (6.69%), Magnesium: 26.45mg (6.61%), Vitamin D: 0.75µg (4.98%), Vitamin B3: 0.8mg (4%), Iron: 0.66mg (3.67%), Vitamin E: 0.44mg (2.95%), Copper: 0.05mg (2.53%)