



## Cheese Sauce Over Cauliflower

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



252 kcal

SAUCE

### Ingredients

- 1 large head cauliflower
- 1.5 teaspoons salt
- 3 tablespoons butter
- 3 tablespoons flour all-purpose
- 0.5 teaspoon thyme dried
- 1.5 cups milk
- 1.5 cups cheddar cheese shredded
- 1 serving paprika

1 serving parsley fresh minced

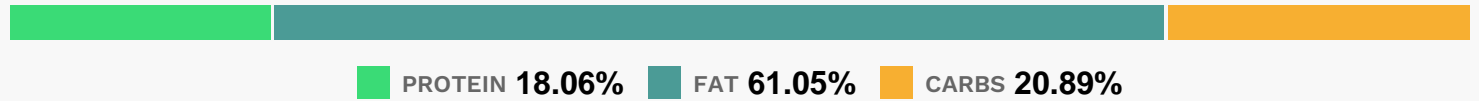
## Equipment

sauce pan

## Directions

- In a large saucepan, bring 1 in. of water, cauliflower and salt to a boil. Reduce heat; cover and cook for 5–15 minutes or until cauliflower is crisp–tender.
- Meanwhile, in a small saucepan, melt butter; stir in flour and thyme until blended. Gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat; add cheese, stirring until melted.
- Drain and pat cauliflower dry; place on a serving platter. Top with cheese sauce; sprinkle with paprika and parsley.
- Cut into wedges.

## Nutrition Facts



## Properties

Glycemic Index:44.83, Glycemic Load:4.69, Inflammation Score:-7, Nutrition Score:16.714782455693%

## Flavonoids

Apigenin: 1.48mg, Apigenin: 1.48mg, Apigenin: 1.48mg, Apigenin: 1.48mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

## Nutrients (% of daily need)

Calories: 252.11kcal (12.61%), Fat: 17.72g (27.26%), Saturated Fat: 10.35g (64.72%), Carbohydrates: 13.64g (4.55%), Net Carbohydrates: 10.57g (3.84%), Sugar: 5.76g (6.4%), Cholesterol: 50.62mg (16.87%), Sodium: 877.04mg (38.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.79g (23.58%), Vitamin C: 68.41mg (82.92%), Vitamin K: 35.69µg (33.99%), Calcium: 311.42mg (31.14%), Phosphorus: 259.93mg (25.99%), Folate: 94.21µg (23.55%), Vitamin B2: 0.32mg (18.75%), Selenium: 11.36µg (16.23%), Vitamin B6: 0.32mg (16.22%), Potassium: 549.64mg (15.7%), Vitamin A: 780.32IU (15.61%), Vitamin B5: 1.31mg (13.13%), Manganese: 0.26mg (13.11%), Fiber: 3.07g (12.28%), Zinc: 1.73mg (11.5%), Vitamin B12: 0.64µg (10.68%), Vitamin B1: 0.14mg (9.62%), Magnesium: 38.04mg

(9.51%), Iron: 1.03mg (5.71%), Vitamin D: 0.84µg (5.6%), Vitamin B3: 1.06mg (5.3%), Vitamin E: 0.63mg (4.18%),  
Copper: 0.07mg (3.72%)