



Cheesy Baked Penne with Cauliflower and Crème Fraîche

READY IN



45 min.

SERVINGS



8

CALORIES



740 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons flour
- ☐ 1 cup breadcrumbs fresh french crustless (from bread ground in processor)
- ☐ 5 tablespoons butter divided
- ☐ 1.5 pound cauliflower cored cut into 1-inch florets
- ☐ 8 servings kosher salt
- ☐ 3 cups comté divided grated (or half Gruyère and half Fontina; 9 ounces)
- ☐ 1 cup crème fraîche
- ☐ 0.5 cup spring onion thinly sliced

- ☐ 1 cup cup heavy whipping cream
- ☐ 2 large heirloom tomatoes
- ☐ 0.8 cup parmesan cheese divided finely grated
- ☐ 3.5 cups penne pasta
- ☐ 1 tablespoon coarse mustard whole

Equipment

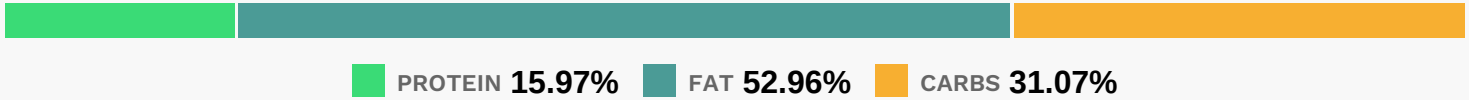
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ glass baking pan

Directions

- ☐ Cook cauliflower in large pot of boiling salted water until crisp-tender, about 5 minutes. Using large sieve, transfer cauliflower to bowl.
- ☐ Add tomatoes to pot; cook 1 minute.
- ☐ Remove from water; peel and dice tomatoes. Reserve pot of water.
- ☐ Melt 2 tablespoons butter in large skillet over medium-high heat.
- ☐ Add cauliflower; sauté until beginning to brown, about 5 minutes.
- ☐ Add tomatoes and green onions. Cook 1 minute to blend flavors.
- ☐ Remove from heat. Season with coarse salt and pepper.
- ☐ Melt 2 tablespoons butter in large saucepan over medium-low heat.
- ☐ Add flour and stir 2 minutes. Gradually whisk in cream. Cook until sauce thickens, whisking occasionally, about 4 minutes.
- ☐ Add 2 cups Comté cheese; whisk until melted and sauce is smooth.
- ☐ Whisk in 1/2 cup Parmesan, then crème fraîche and mustard. Season with salt and pepper.

- ☐ Remove from heat.
- ☐ Return reserved pot of water to boil.
- ☐ Add pasta and cook until tender but stillfirm to bite, stirring occasionally.
- ☐ Drain;return pasta to same pot. Stir in cauliflowermixture and sauce.
- ☐ Butter 13x9x2-inch glass baking dish.Spoon in half of pasta mixture; sprinklewith 1/2 cup Comté cheese. Top withremaining pasta mixture and 1/2 cup Comtécheese. Melt remaining 1 tablespoon butterin small skillet.
- ☐ Add breadcrumbs and tossto coat.
- ☐ Remove from heat; mix in 1/4 cup Parmesan.
- ☐ Sprinkle crumbs over pasta.DO AHEAD: Can be made 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Preheat oven to 350°F.
- ☐ Bake pastauncovered until heated through andbubbling, about 35 minutes.
- ☐ *Sold at some supermarkets and atspecialty foods stores.

Nutrition Facts



Properties

Glycemic Index:37.63, Glycemic Load:17.19, Inflammation Score:-9, Nutrition Score:26.926956570667%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 740.06kcal (37%), Fat: 43.91g (67.55%), Saturated Fat: 25.48g (159.28%), Carbohydrates: 57.98g (19.33%), Net Carbohydrates: 53.25g (19.36%), Sugar: 7.19g (7.99%), Cholesterol: 132mg (44%), Sodium: 935.72mg (40.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.79g (59.58%), Calcium: 697.98mg (69.8%), Selenium: 48.83µg (69.76%), Vitamin C: 48.85mg (59.21%), Phosphorus: 570.12mg (57.01%), Manganese: 0.81mg (40.5%), Vitamin A: 1828.11IU (36.56%), Vitamin K: 34.18µg (32.55%), Vitamin B2: 0.44mg (25.69%), Zinc: 3.76mg

(25.05%), Folate: 94.86µg (23.71%), Vitamin B1: 0.3mg (20.02%), Magnesium: 78.45mg (19.61%), Fiber: 4.72g (18.89%), Potassium: 644.1mg (18.4%), Vitamin B12: 1.09µg (18.14%), Vitamin B6: 0.36mg (17.76%), Vitamin B5: 1.4mg (14.04%), Copper: 0.27mg (13.71%), Vitamin B3: 2.7mg (13.49%), Iron: 2.16mg (12%), Vitamin E: 1.19mg (7.95%), Vitamin D: 0.82µg (5.47%)