



Cheesy Cauliflower

READY IN



45 min.

SERVINGS



6

CALORIES



227 kcal

SIDE DISH

Ingredients

- 4 Tbs flour
- 1 medium head cauliflower (approx. 2lbs)
- 1 pinch ground pepper
- 1.5 cups cheese grated
- 2 tsp ground mustard
- 6 servings salt and pepper to taste
- 1 T butter unsalted
- 2 cups milk whole

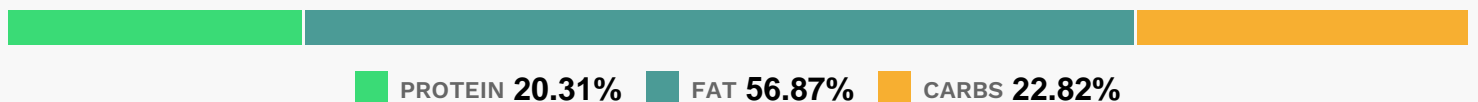
Equipment

- paper towels
- sauce pan
- oven
- whisk
- baking pan

Directions

- Preheat oven to 400Trim cauliflower florets from the stalk. Discard stalk.
- Cut florets into 1-2 ince pieces. Steam the cauliflower for about 10 minutes until firm but tender.
- Spread the florets out onto a paper towel to dry while making the cheese sauce
- In a medium sauce pan, melt the butter over medium high heat, add the flour and whisk to combine. Cook for about 1-2 minutes to get rid of the flour taste.
- Add the mustard powder, pinch of cayenne, black pepper and stir to combine.
- Drizzle the milk in a steady stream whisking the whole time so that the mixture stays creamy.Season with salt and bring to a simmer, stirring constantly.When mixture thickens, add the cheese one handful at a time. Taste the sauce and adjust the salt/pepper as needed.
- Spread the cauliflower florets into a 2 quart baking dish (or iron skillet), spoon the sauce over the top and sprinkle about 2 tbs of cheese over the top.
- Bake until browned and bubbly about 30 minutes.
- Garnish with fresh herbs if desired.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:5.3, Inflammation Score:-6, Nutrition Score:13.674347826087%

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: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 226.63kcal (11.33%), Fat: 14.69g (22.6%), Saturated Fat: 8.3g (51.87%), Carbohydrates: 13.26g (4.42%), Net Carbohydrates: 11.13g (4.05%), Sugar: 5.9g (6.55%), Cholesterol: 43.1mg (14.37%), Sodium: 438.65mg (19.07%), Protein: 11.8g (23.6%), Vitamin C: 46.25mg (56.06%), Calcium: 324.09mg (32.41%), Phosphorus: 265.24mg (26.52%), Vitamin B2: 0.32mg (18.92%), Selenium: 13.22µg (18.89%), Folate: 70.88µg (17.72%), Vitamin K: 16.01µg (15.24%), Potassium: 441.51mg (12.61%), Vitamin B6: 0.25mg (12.54%), Vitamin B12: 0.74µg (12.38%), Zinc: 1.71mg (11.38%), Vitamin B5: 1.09mg (10.89%), Manganese: 0.21mg (10.3%), Vitamin B1: 0.15mg (9.76%), Vitamin A: 481.11IU (9.62%), Magnesium: 35.41mg (8.85%), Fiber: 2.14g (8.55%), Vitamin D: 1.1µg (7.33%), Vitamin B3: 0.92mg (4.58%), Iron: 0.74mg (4.14%), Copper: 0.06mg (2.98%), Vitamin E: 0.43mg (2.84%)