



 **63%**
HEALTH SCORE

Cheesy Cauliflower and Broccoli

 Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 7 cups cauliflower florets fresh
- 5 cups broccoli florets fresh
- 2 tablespoons olive oil
- 0.5 teaspoon salt
- 0.5 teaspoon pepper freshly ground
- 2 tablespoons butter
- 2 tablespoons flour all-purpose
- 1 cup milk

- 3 oz cheddar cheese shredded white
- 0.3 cup pinenuts toasted

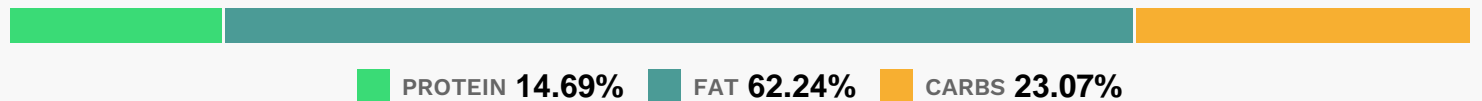
Equipment

- sauce pan
- oven
- roasting pan

Directions

- Heat oven to 425°F. In large roasting pan, toss cauliflower and broccoli with oil, salt and pepper. Roast uncovered 25 minutes, stirring occasionally, until vegetables are browned and tender.
- Meanwhile, in 1-quart saucepan, melt butter over medium-low heat. Stir in flour. Cook and stir until mixture is smooth and bubbly. Gradually add milk, stirring constantly until mixture boils and thickens. Stir in cheese until melted.
- Spoon roasted vegetables into serving dishes.
- Pour cheese sauce over vegetables; sprinkle with pine nuts.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:6.46, Inflammation Score:-9, Nutrition Score:29.976087010425%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg Kaempferol: 9.55mg, Kaempferol: 9.55mg, Kaempferol: 9.55mg, Kaempferol: 9.55mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg

Nutrients (% of daily need)

Calories: 389.05kcal (19.45%), Fat: 28.54g (43.91%), Saturated Fat: 8.13g (50.82%), Carbohydrates: 23.81g (7.94%), Net Carbohydrates: 16.87g (6.14%), Sugar: 8.6g (9.55%), Cholesterol: 28.58mg (9.53%), Sodium: 609.4mg (26.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.15g (30.31%), Vitamin C: 185.9mg (225.33%), Vitamin K:

153.03µg (145.74%), Manganese: 1.32mg (65.78%), Folate: 185.72µg (46.43%), Phosphorus: 365.64mg (36.56%), Calcium: 322.69mg (32.27%), Potassium: 1051.35mg (30.04%), Vitamin B6: 0.58mg (29.19%), Fiber: 6.93g (27.74%), Vitamin B2: 0.46mg (26.87%), Vitamin A: 1274.73IU (25.49%), Vitamin B5: 2.19mg (21.87%), Vitamin E: 3.23mg (21.56%), Magnesium: 85.85mg (21.46%), Vitamin B1: 0.27mg (17.98%), Selenium: 12.41µg (17.73%), Zinc: 2.54mg (16.96%), Iron: 2.31mg (12.81%), Copper: 0.25mg (12.6%), Vitamin B3: 2.29mg (11.43%), Vitamin B12: 0.56µg (9.36%), Vitamin D: 0.8µg (5.32%)