



## Cheesy Cauliflower au Gratin

 Vegetarian

READY IN



29 min.

SERVINGS



29

CALORIES



25 kcal

SIDE DISH

### Ingredients

- 0.3 cup planters almonds sliced
- 4 cups cauliflower florets
- 1 cup corn flakes
- 0.3 tsp ground nutmeg
- 3 oz milk velveeta 2% cut into 1/2-inch cubes
- 0.8 cup milk sharp cheddar cheese shredded 2% kraft

### Equipment

- oven

microwave

## Directions

Heat oven to 375F.

Microwave cauliflower in 1-1/2-qt. microwaveable ovenproof dish on HIGH 3 to 4 min. or until crisp-tender.

Add 2% Milk VELVEETA, cheddar and nutmeg; mix well.

Top with remaining ingredients.

Bake 12 to 14 min. or until heated through.

## Nutrition Facts

 **PROTEIN 19.39%**  **FAT 52.1%**  **CARBS 28.51%**

## Properties

Glycemic Index:6.1, Glycemic Load:0.21, Inflammation Score:-1, Nutrition Score:1.9930434900781%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 25.27kcal (1.26%), Fat: 1.53g (2.36%), Saturated Fat: 0.67g (4.19%), Carbohydrates: 1.89g (0.63%), Net Carbohydrates: 1.48g (0.54%), Sugar: 0.55g (0.61%), Cholesterol: 3.27mg (1.09%), Sodium: 31.41mg (1.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.57%), Vitamin C: 6.85mg (8.3%), Folate: 12.29µg (3.07%), Calcium: 29.52mg (2.95%), Vitamin B2: 0.05mg (2.88%), Phosphorus: 27.26mg (2.73%), Vitamin B6: 0.05mg (2.38%), Vitamin K: 2.22µg (2.11%), Manganese: 0.04mg (2.1%), Iron: 0.37mg (2.06%), Fiber: 0.41g (1.64%), Vitamin B1: 0.02mg (1.6%), Vitamin E: 0.24mg (1.59%), Potassium: 55.39mg (1.58%), Vitamin B12: 0.1µg (1.58%), Selenium: 1.08µg (1.54%), Magnesium: 5.76mg (1.44%), Vitamin B3: 0.28mg (1.38%), Zinc: 0.19mg (1.28%), Vitamin B5: 0.12mg (1.21%), Vitamin A: 51.31IU (1.03%)