



Cheesy Cauliflower Gratin

READY IN



20 min.

SERVINGS



4

CALORIES



168 kcal

SIDE DISH

Ingredients

- 2 tablespoons style bread crumbs italian (recommended: Progresso)
- 10 ounce cauliflower florets frozen (recommended: Pictsweet)
- 0.3 teaspoon cayenne pepper
- 10.8 ounce condensed cheddar cheese soup canned (recommended: Campbell's)
- 1 teaspoon olive oil extra-virgin
- 2 tablespoons parmesan grated (recommended: Di Giorno)
- 0.3 teaspoon salt
- 0.5 cup cheese shredded mexican style kraft (recommended:)

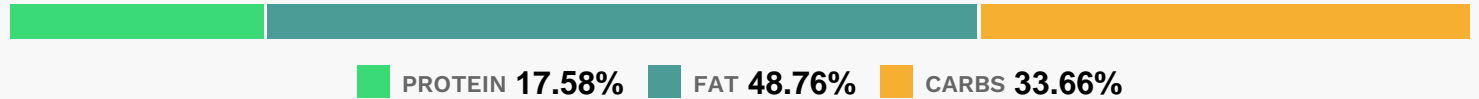
Equipment

- bowl
- plastic wrap
- casserole dish
- broiler
- microwave

Directions

- Preheat the broiler.
- In a microwave-safe casserole dish, stir to combine cauliflower, soup, cayenne pepper, salt and shredded cheese. Cover with plastic wrap and microwave on high setting for 6 minutes.
- In a small bowl, combine grated Parmesan, bread crumbs, and olive oil.
- Remove cauliflower from microwave and remove plastic wrap. Spoon bread crumb mixture over cauliflower and broil for 1 to 2 minutes until top is golden brown.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.71, Inflammation Score:-5, Nutrition Score:8.4630434590837%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 168.34kcal (8.42%), Fat: 9.19g (14.14%), Saturated Fat: 4.31g (26.96%), Carbohydrates: 14.28g (4.76%), Net Carbohydrates: 11.99g (4.36%), Sugar: 3.1g (3.44%), Cholesterol: 18.05mg (6.02%), Sodium: 727.52mg (31.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.45g (14.91%), Vitamin C: 34.26mg (41.52%), Calcium: 171.27mg (17.13%), Potassium: 582.85mg (16.65%), Folate: 47.88µg (11.97%), Phosphorus: 118.47mg (11.85%), Vitamin K: 12.41µg

(11.82%), Vitamin A: 470.84IU (9.42%), Fiber: 2.29g (9.14%), Manganese: 0.16mg (8.11%), Vitamin B6: 0.15mg (7.52%), Vitamin B2: 0.12mg (6.86%), Selenium: 4.36µg (6.23%), Vitamin B1: 0.09mg (5.89%), Vitamin B5: 0.55mg (5.47%), Zinc: 0.76mg (5.05%), Magnesium: 17.57mg (4.39%), Vitamin B12: 0.22µg (3.66%), Iron: 0.66mg (3.66%), Vitamin B3: 0.72mg (3.62%), Copper: 0.05mg (2.26%), Vitamin E: 0.28mg (1.88%)