



WHATSheATE



Cheesy Pumpkin Cauliflower Gratin

READY IN



40 min.

SERVINGS



4

CALORIES



442 kcal

SIDE DISH

Ingredients

- ☐ 3 lb cauliflower separated
- ☐ 3 tablespoons butter
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 cups milk
- ☐ 0.8 teaspoon salt
- ☐ 0.3 teaspoon nutmeg
- ☐ 5 oz sharp cheddar cheese shredded
- ☐ 0.5 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 0.3 cup panko bread crumbs plain crispy

☐ 1 serving pepper black freshly ground

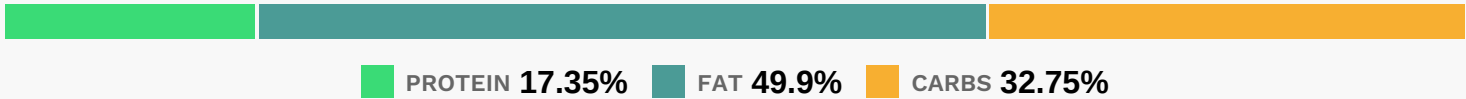
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Heat oven to 375°F. Grease or spray 2-quart baking dish.
- ☐ In 4-quart saucepan two-thirds full of salted water, heat cauliflower to simmering. Cook about 5 minutes or until tender.
- ☐ Drain.
- ☐ Meanwhile, in 2-quart saucepan, melt 2 tablespoons of the butter over low heat.
- ☐ Add flour and cook 1 minute, stirring constantly with whisk. Slowly add milk, continuing to stir with whisk until mixture heats to boiling and thickens.
- ☐ Add 3/4 teaspoon salt, the nutmeg, Cheddar cheese and pumpkin. Stir until smooth.
- ☐ Pour one-third of the sauce into baking dish.
- ☐ Add drained cauliflower, then pour remaining sauce on top.
- ☐ Melt remaining 1 tablespoon butter; toss with bread crumbs.
- ☐ Sprinkle on top of gratin.
- ☐ Bake 25 to 30 minutes or until top is golden brown.

Nutrition Facts



Properties

Glycemic Index:81, Glycemic Load:7.73, Inflammation Score:-10, Nutrition Score:32.698260659757%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 442.4kcal (22.12%), Fat: 25.75g (39.61%), Saturated Fat: 15.02g (93.86%), Carbohydrates: 38.02g (12.67%), Net Carbohydrates: 28.11g (10.22%), Sugar: 12.77g (14.19%), Cholesterol: 72.65mg (24.22%), Sodium: 981.47mg (42.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.15g (40.29%), Vitamin C: 165.16mg (200.19%), Vitamin A: 3615.95IU (72.32%), Folate: 224.45µg (56.11%), Vitamin K: 54.98µg (52.36%), Calcium: 498.48mg (49.85%), Phosphorus: 463.46mg (46.35%), Fiber: 9.91g (39.63%), Vitamin B6: 0.79mg (39.26%), Manganese: 0.74mg (36.95%), Potassium: 1288.78mg (36.82%), Vitamin B2: 0.61mg (35.64%), Vitamin B5: 3.3mg (33.03%), Selenium: 17.08µg (24.41%), Vitamin B1: 0.32mg (21.39%), Magnesium: 83.57mg (20.89%), Zinc: 2.9mg (19.36%), Vitamin B12: 1.07µg (17.76%), Vitamin B3: 2.47mg (12.37%), Iron: 2.21mg (12.28%), Vitamin D: 1.55µg (10.36%), Copper: 0.19mg (9.27%), Vitamin E: 0.85mg (5.65%)