



Cheesy Pumpkin Cauliflower Gratin

READY IN



40 min.

SERVINGS



4

CALORIES



443 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 0.5 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 3 lb cauliflower separated
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 teaspoon nutmeg
- ☐ 2 cups milk
- ☐ 0.3 cup panko bread crumbs plain crispy
- ☐ 0.8 teaspoon salt
- ☐ 4 servings pepper black freshly ground

☐ 5 oz sharp cheddar cheese shredded

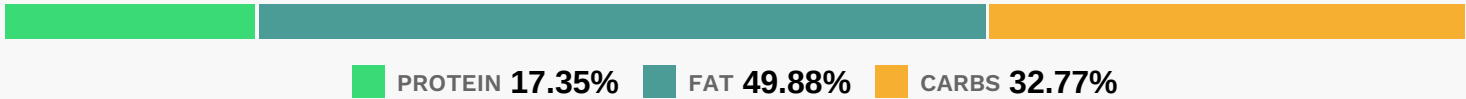
Equipment

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

Directions

- ☐ Heat oven to 375F. 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:7.74, Inflammation Score:-10, Nutrition Score:32.739130517711%

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: 442.59kcal (22.13%), Fat: 25.75g (39.61%), Saturated Fat: 15.02g (93.87%), Carbohydrates: 38.07g (12.69%), Net Carbohydrates: 28.14g (10.23%), Sugar: 12.77g (14.19%), Cholesterol: 72.65mg (24.22%), Sodium: 981.48mg (42.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.15g (40.31%), Vitamin C: 165.16mg (200.19%), Vitamin A: 3616.36IU (72.33%), Folate: 224.47µg (56.12%), Vitamin K: 55.1µg (52.48%), Calcium: 498.82mg (49.88%), Phosphorus: 463.58mg (46.36%), Fiber: 9.93g (39.71%), Vitamin B6: 0.79mg (39.27%), Manganese: 0.75mg (37.43%), Potassium: 1289.78mg (36.85%), Vitamin B2: 0.61mg (35.65%), Vitamin B5: 3.3mg (33.04%), Selenium: 17.09µg (24.41%), Vitamin B1: 0.32mg (21.39%), Magnesium: 83.7mg (20.92%), Zinc: 2.91mg (19.37%), Vitamin B12: 1.07µg (17.76%), Vitamin B3: 2.47mg (12.37%), Iron: 2.22mg (12.32%), Vitamin D: 1.55µg (10.36%), Copper: 0.19mg (9.32%), Vitamin E: 0.85mg (5.66%)