



Creamed Cauliflower with Farmhouse Cheddar

READY IN



70 min.

SERVINGS



14

CALORIES



274 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 1.5 cups breadcrumbs fresh
- 2 large heads cauliflower cut into florets ()
- 3 tablespoons flour all-purpose
- 2 large garlic cloves minced
- 0.5 cup green onions minced
- 0.3 teaspoon ground pepper red
- 2 cups heavy whipping cream
- 2 cups milk

- 0.5 teaspoon nutmeg freshly grated
- 0.3 cup parmesan cheese freshly grated
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 4 oz sharp cheddar cheese shredded
- 3 tablespoons butter unsalted
- 3 tablespoons butter unsalted melted

Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan
- dutch oven
- colander

Directions

- Bring 4 qt. salted water to a boil in a large Dutch oven over high heat.
- Add cauliflower; cook just until crisp-tender, stirring often.
- Drain; rinse under cold water.
- Let cool in colander.
- Melt 3 Tbsp. butter in a large skillet over medium heat; add green onions and garlic, and saut 3 minutes.
- Whisk in flour until smooth. Cook 1 minute, whisking constantly. Gradually whisk in milk and cream; cook over medium heat, whisking constantly, until mixture is thickened and bubbly. Stir in 1/2 tsp. each salt and nutmeg and 1/4 tsp. each pepper.
- Add cheese, stirring until cheese melts.
- Remove from heat; add cauliflower, stirring to coat well. Spoon cauliflower into a greased 13" x 9" baking dish.

- Combine breadcrumbs and next 3 ingredients in a small bowl; sprinkle over cauliflower.
- Drizzle with melted butter.
- Bake, uncovered, at 400 for 35 minutes or until browned and bubbly.
- *To make 1 1/2 cups homemade breadcrumbs, place 3 slices bread, torn, in a mini chopper. Cover and pulse just until you have fine crumbs.
- Note: Farmhouse Cheddar gets its distinction, in part, because it's made on a farmer's property, using only milk from his cows. We tested with Keen's.

Nutrition Facts

PROTEIN 9.22% **FAT 71.93%** **CARBS 18.85%**

Properties

Glycemic Index:28.57, Glycemic Load:1.68, Inflammation Score:-5, Nutrition Score:6.8108695227167%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 274.14kcal (13.71%), Fat: 22.18g (34.13%), Saturated Fat: 13.55g (84.67%), Carbohydrates: 13.08g (4.36%), Net Carbohydrates: 12.37g (4.5%), Sugar: 3.54g (3.93%), Cholesterol: 65.16mg (21.72%), Sodium: 275.82mg (11.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.4g (12.8%), Vitamin A: 853.79IU (17.08%), Calcium: 165.15mg (16.52%), Phosphorus: 128.02mg (12.8%), Vitamin B2: 0.21mg (12.61%), Selenium: 8.21µg (11.73%), Vitamin B1: 0.16mg (10.49%), Vitamin K: 10.17µg (9.69%), Manganese: 0.15mg (7.34%), Vitamin D: 1.08µg (7.17%), Vitamin B12: 0.4µg (6.72%), Zinc: 0.81mg (5.38%), Folate: 21.15µg (5.29%), Vitamin B3: 0.96mg (4.78%), Iron: 0.76mg (4.24%), Magnesium: 15.98mg (3.99%), Vitamin E: 0.58mg (3.87%), Potassium: 133.89mg (3.83%), Vitamin B5: 0.34mg (3.41%), Vitamin B6: 0.06mg (3.2%), Fiber: 0.71g (2.85%), Copper: 0.05mg (2.32%), Vitamin C: 1.11mg (1.34%)