



Creamy Baked Cauliflower

READY IN



55 min.

SERVINGS



55

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 7 cups cauliflower florets
- 1 cup four cheese shredded with a touch of philadelphia mexican style kraft
- 8 oz philadelphia cream cheese softened
- 0.3 cup parsley fresh chopped
- 1 cup regular corn frozen
- 0.5 tsp garlic powder
- 0.3 cup milk
- 2 Tbsp parmesan cheese grated kraft
- 1 bell pepper red finely chopped

20 ritz crackers crushed

Equipment

sauce pan

oven

baking pan

Directions

Heat oven to 425F.

Cook cauliflower in boiling water in large saucepan 3 to 4 min. or until crisp-tender, adding corn to the boiling water for the last minute.

Drain, reserving 1/4 cup cooking water.

Mix cream cheese, milk, Parmesan and garlic powder until blended.

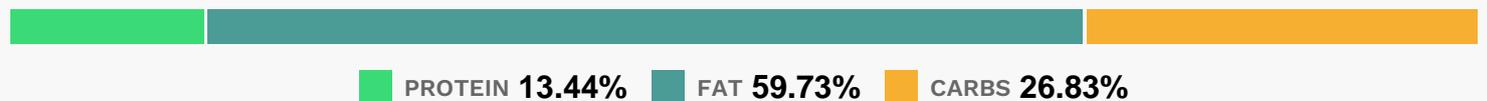
Place cauliflower mixture in 13x9-inch baking dish sprayed with cooking spray.

Add peppers and cream cheese mixture; stir until vegetables are evenly coated with sauce, adding reserved cooking water if necessary for desired consistency.

Mix cracker crumbs, shredded cheese and parsley; sprinkle over vegetable mixture. Cover.

Bake 30 to 35 min. or until vegetable mixture is heated through and topping is lightly browned, uncovering for the last 10 min.

Nutrition Facts



Properties

Glycemic Index:3.51, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:2.186956503469%

Flavonoids

Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 36.49kcal (1.82%), Fat: 2.52g (3.88%), Saturated Fat: 1.36g (8.48%), Carbohydrates: 2.55g (0.85%), Net Carbohydrates: 2.13g (0.77%), Sugar: 0.64g (0.71%), Cholesterol: 6.51mg (2.17%), Sodium: 43.83mg (1.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.56%), Vitamin C: 9.48mg (11.49%), Vitamin K: 7.24µg (6.89%), Vitamin A: 170.17IU (3.4%), Folate: 11.48µg (2.87%), Phosphorus: 28.12mg (2.81%), Calcium: 26.65mg (2.66%), Vitamin B2: 0.04mg (2.12%), Vitamin B6: 0.04mg (2.05%), Potassium: 63.61mg (1.82%), Manganese: 0.03mg (1.72%), Selenium: 1.18µg (1.69%), Fiber: 0.42g (1.68%), Vitamin B5: 0.14mg (1.43%), Vitamin B1: 0.02mg (1.2%), Zinc: 0.18mg (1.2%), Magnesium: 4.62mg (1.15%)