



Creamy Cauliflower Bake

 Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



243 kcal

SIDE DISH

Ingredients

- ☐ 5 cups cauliflower florets
- ☐ 2 cups bread french cubed (1-inch) (3 [1-ounce] slices)
- ☐ 2 garlic cloves minced
- ☐ 0.5 cup bell pepper green chopped
- ☐ 2 tablespoons butter divided reduced-calorie
- ☐ 0.7 cup onion chopped
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.5 teaspoon salt

- ☐ 3 tablespoons water
- ☐ 0.1 teaspoon pepper white

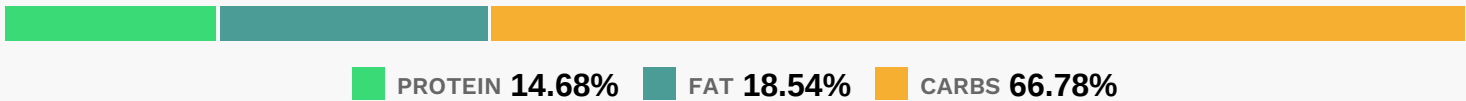
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 37
- ☐ Place bread cubes in a food processor; pulse until finely ground. Set aside.
- ☐ Steam the cauliflower, covered, 13 minutes or until tender; set aside. Melt 1 tablespoon margarine in a medium nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add onion, bell peppers, and garlic; saut 5 minutes or until tender.
- ☐ Combine the onion mixture, steamed cauliflower, 1 tablespoon margarine, water, salt, and white pepper in food processor; process until smooth, scraping sides of processor bowl occasionally.
- ☐ Combine cauliflower mixture and 1 1/2 cups breadcrumbs, and spoon into a 1-quart casserole dish coated with cooking spray.
- ☐ Sprinkle with 1/2 cup breadcrumbs.
- ☐ Bake at 375 for 15 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:30.21, Glycemic Load:28.28, Inflammation Score:-7, Nutrition Score:15.843478444154%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 242.85kcal (12.14%), Fat: 5.13g (7.89%), Saturated Fat: 1.14g (7.11%), Carbohydrates: 41.54g (13.85%), Net Carbohydrates: 37.93g (13.79%), Sugar: 5.84g (6.49%), Cholesterol: 0mg (0%), Sodium: 634.01mg (27.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.13g (18.26%), Vitamin C: 58.02mg (70.33%), Vitamin B1: 0.54mg (35.77%), Folate: 132.78µg (33.2%), Selenium: 19.97µg (28.53%), Manganese: 0.53mg (26.29%), Vitamin B2: 0.35mg (20.59%), Vitamin B3: 3.8mg (19%), Iron: 3.08mg (17.1%), Fiber: 3.61g (14.43%), Vitamin B6: 0.29mg (14.39%), Vitamin K: 12.93µg (12.31%), Phosphorus: 114.01mg (11.4%), Potassium: 361.17mg (10.32%), Vitamin A: 516.07IU (10.32%), Magnesium: 36.65mg (9.16%), Vitamin B5: 0.77mg (7.74%), Copper: 0.15mg (7.47%), Zinc: 0.97mg (6.49%), Calcium: 59.32mg (5.93%), Vitamin E: 0.53mg (3.56%)