



Creamy cauliflower & broccoli bake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



136 kcal

SIDE DISH

Ingredients

- ☐ 1 large head cauliflower
- ☐ 1 vegetable stock cube
- ☐ 1 large head broccoli
- ☐ 200 g crème fraîche
- ☐ 1 tbsp wholegrain mustard
- ☐ 1 tablespoon white wine (if you have some)
- ☐ 8 servings grating nutmeg generous
- ☐ 2 slices bread stale

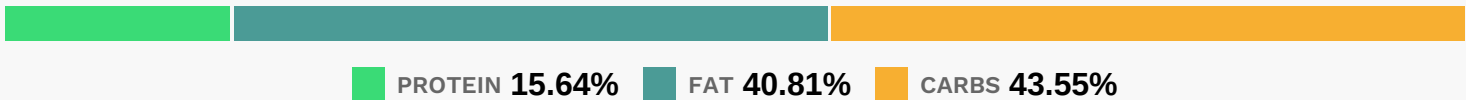
Equipment

☐ oven

Directions

- ☐ Cover the cauliflower in cold water, add the stock cube, then bring up to the boil.
- ☐ Add the broccoli and cook for 1 min, then drain (reserving some of the stock) and allow to steam-dry for 1-2 mins. (The veg shouldnt be tender.)
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Mix together the crme frache, mustard, wine (if using), nutmeg and some seasoning.
- ☐ Add the veg and mix well. Tip into an ovenproof dish, scatter with the breadcrumbs and bake for 30 mins until golden and crisp on the top.

Nutrition Facts



Properties

Glycemic Index:29.96, Glycemic Load:4.18, Inflammation Score:-8, Nutrition Score:18.252174061278%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 6.34mg, Kaempferol: 6.34mg, Kaempferol: 6.34mg, Kaempferol: 6.34mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 135.65kcal (6.78%), Fat: 6.66g (10.24%), Saturated Fat: 3.32g (20.75%), Carbohydrates: 15.98g (5.33%), Net Carbohydrates: 11.12g (4.04%), Sugar: 5.2g (5.78%), Cholesterol: 14.75mg (4.92%), Sodium: 203.48mg (8.85%), Alcohol: 0.19g (100%), Alcohol %: 0.11% (100%), Protein: 5.74g (11.48%), Vitamin C: 118.71mg (143.89%), Vitamin K: 94.55µg (90.05%), Folate: 116.85µg (29.21%), Manganese: 0.48mg (23.83%), Fiber: 4.86g (19.45%), Vitamin B6: 0.35mg (17.48%), Potassium: 606.37mg (17.32%), Phosphorus: 131.01mg (13.1%), Vitamin B5: 1.28mg (12.84%), Vitamin A: 632.74IU (12.65%), Vitamin B2: 0.21mg (12.6%), Magnesium: 41.83mg (10.46%), Vitamin B1: 0.15mg

(10.05%), Calcium: 97.85mg (9.78%), Selenium: 6.14µg (8.77%), Iron: 1.36mg (7.56%), Vitamin B3: 1.47mg (7.36%),
Copper: 0.12mg (5.75%), Zinc: 0.81mg (5.38%), Vitamin E: 0.79mg (5.28%)