



Creamy Cauliflower Gratin with Whole Wheat Crumbs

READY IN



45 min.

SERVINGS



10

CALORIES



319 kcal

SIDE DISH

Ingredients

- ☐ 4 fillet anchovy mashed
- ☐ 5 pound cauliflower cut into 2-inch florets
- ☐ 1 cup chicken stock see low-sodium canned
- ☐ 3 garlic cloves minced
- ☐ 2 cups heavy cream
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 3 tablespoons parmesan cheese freshly grated
- ☐ 10 servings salt and pepper freshly ground

- ☐ 6 medium scallions thinly sliced
- ☐ 1 tablespoon butter unsalted melted
- ☐ 1.5 cups bread crumbs fresh whole wheat

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 400
- ☐ In a large saucepan, steam the cauliflower until just tender, about 7 minutes; let cool slightly.
- ☐ Cut the cauliflower into 1-inch pieces and spread evenly in a 10-by-15-inch shallow baking dish.
- ☐ Heat the olive oil in a large skillet.
- ☐ Add the garlic and anchovies and cook over low heat until fragrant, about 2 minutes.
- ☐ Add the scallions and cook, stirring, until softened, about 1 minute.
- ☐ Add the chicken stock and boil over moderately high heat until reduced by half, about 5 minutes.
- ☐ Add the cream and simmer over low heat until reduced to 1 1/2 cups, about 4 minutes.
- ☐ Pour the cream over the cauliflower.
- ☐ In a bowl, toss the bread crumbs with the cheese and melted butter. Season with salt and pepper and sprinkle over the cauliflower.
- ☐ Bake in the upper third of the oven for about 20 minutes, or until bubbling and golden.
- ☐ Let stand for up to 20 minutes before serving.
- ☐ Make Ahead: The recipe can be prepared through Step 2 and refrigerated overnight. Bring to room temperature before proceeding.

Nutrition Facts



 **PROTEIN 10.06%**  **FAT 59.05%**  **CARBS 30.89%**

Properties

Glycemic Index:9.4, Glycemic Load:2.38, Inflammation Score:-8, Nutrition Score:18.551739070726%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 319.15kcal (15.96%), Fat: 22.95g (35.31%), Saturated Fat: 12.65g (79.05%), Carbohydrates: 27.01g (9%), Net Carbohydrates: 20.6g (7.49%), Sugar: 6.51g (7.24%), Cholesterol: 59.06mg (19.69%), Sodium: 397.88mg (17.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.8g (17.6%), Vitamin C: 114.81mg (139.17%), Vitamin K: 57.13µg (54.41%), Folate: 137.24µg (34.31%), Fiber: 6.41g (25.63%), Vitamin B6: 0.46mg (22.83%), Potassium: 781.38mg (22.33%), Manganese: 0.38mg (19.22%), Vitamin A: 838.29IU (16.77%), Vitamin B5: 1.66mg (16.63%), Phosphorus: 151.82mg (15.18%), Vitamin B2: 0.25mg (14.74%), Iron: 2.41mg (13.38%), Calcium: 106.46mg (10.65%), Magnesium: 40.83mg (10.21%), Vitamin B3: 1.78mg (8.92%), Vitamin B1: 0.13mg (8.73%), Vitamin E: 1.12mg (7.48%), Copper: 0.12mg (6.01%), Zinc: 0.89mg (5.93%), Selenium: 4.09µg (5.85%), Vitamin D: 0.79µg (5.27%), Vitamin B12: 0.13µg (2.21%)