

Creamy Floret Bake

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



133 kcal

SIDE DISH

Ingredients

- 1 medium bunch broccoli cut into florets (4 cups)
- 0.3 cup butter cubed
- 4 cups cauliflower
- 0.3 cup flour all-purpose
- 0.3 teaspoon nutmeg
- 2 cups half and half
- 2 tablespoons orange zest grated
- 0.5 teaspoon salt

- 0.3 cup cheddar cheese shredded
- 0.3 teaspoon pepper white

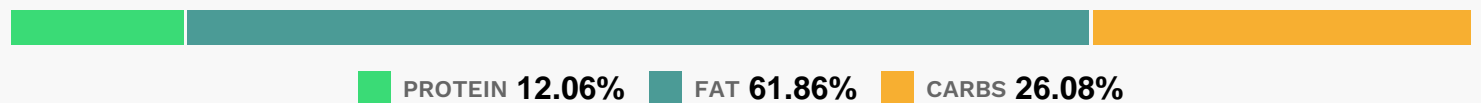
Equipment

- sauce pan
- oven
- baking pan

Directions

- In a saucepan, bring 1 in. of water to a boil; add cauliflower. Reduce heat; cover and simmer for 10–12 minutes or until crisp–tender.
- In another saucepan, bring 1 in. of water to a boil; add broccoli. Reduce heat; cover and simmer for 8–10 minutes or until crisp–tender.
- Drain vegetables and rinse with cold water.
- Melt butter in a saucepan. Stir in flour until smooth. gradually add cream. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in orange peel, salt, nutmeg and pepper.
- Arrange cauliflower and broccoli in alternate rows in a 3–qt. or 13–in. x 9–in. baking dish. Top with cream sauce and cheese.
- Bake, uncovered, at 325° for 20–25 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:23.83, Glycemic Load:2.43, Inflammation Score:-6, Nutrition Score:11.63695657642%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 4.09mg, Kaempferol: 4.09mg, Kaempferol: 4.09mg, Kaempferol: 4.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 132.7kcal (6.64%), Fat: 9.6g (14.77%), Saturated Fat: 5.83g (36.47%), Carbohydrates: 9.1g (3.03%), Net Carbohydrates: 6.92g (2.52%), Sugar: 3.19g (3.55%), Cholesterol: 26.64mg (8.88%), Sodium: 194.11mg (8.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.42%), Vitamin C: 62.99mg (76.36%), Vitamin K: 57.77µg (55.02%), Folate: 57.87µg (14.47%), Vitamin A: 604.45IU (12.09%), Vitamin B2: 0.18mg (10.79%), Phosphorus: 101.53mg (10.15%), Calcium: 94.33mg (9.43%), Potassium: 321.06mg (9.17%), Manganese: 0.18mg (8.99%), Vitamin B6: 0.17mg (8.75%), Fiber: 2.18g (8.72%), Vitamin B5: 0.66mg (6.6%), Selenium: 4.37µg (6.24%), Vitamin B1: 0.09mg (5.83%), Magnesium: 21.31mg (5.33%), Vitamin E: 0.65mg (4.36%), Zinc: 0.57mg (3.79%), Iron: 0.67mg (3.73%), Vitamin B3: 0.7mg (3.52%), Copper: 0.05mg (2.39%), Vitamin B12: 0.11µg (1.83%)