



## Crispy Topped Brussels Sprouts and Cauliflower Gratin

READY IN



63 min.

SERVINGS



8

CALORIES



242 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1.8 pounds brussels sprouts trimmed quartered
- 1 pound cauliflower florets
- 0.3 cup flour all-purpose
- 3 garlic cloves minced
- 0.7 cup half-and-half
- 1.5 cups milk 1% low-fat
- 0.1 teaspoon nutmeg freshly ground

- 0.3 cup panko bread crumbs (Japanese breadcrumbs)
- 2 ounces parmigiano-reggiano cheese grated
- 0.8 teaspoon salt
- 4 slices center-cut bacon chopped
- 2 cups vidalia sweet chopped

## Equipment

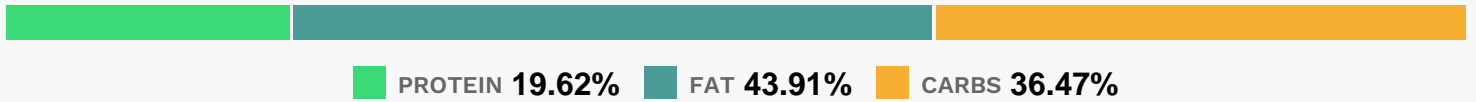
- bowl
- frying pan
- oven
- knife
- whisk
- baking pan
- aluminum foil
- broiler
- measuring cup

## Directions

- Preheat oven to 37
- Cook cauliflower and Brussels sprouts in boiling water 2 minutes; drain.
- Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour, milk, and next 4 ingredients (through nutmeg) in a bowl; stir well with a whisk.
- Heat a large skillet over medium heat.
- Add bacon to pan; cook 3 minutes or until bacon begins to brown, stirring occasionally.
- Add onion and garlic; cook 5 minutes, stirring occasionally. Stir in milk mixture; bring to a simmer. Cook 5 minutes or until thick, stirring constantly.
- Remove from heat; stir in cauliflower and Brussels sprouts. Spoon vegetable mixture into an 11 x 7-inch broiler-safe ceramic baking dish coated with cooking spray. Cover dish with foil coated with cooking spray.

- Bake at 375 for 20 minutes or until bubbly.
- Remove from oven.
- Preheat broiler to high.
- Remove foil from dish.
- Combine cheese and panko; sprinkle evenly over vegetables. Broil 5 inches from heat for 4 minutes or until browned.
- Let stand 5 minutes before serving.

## Nutrition Facts



### Properties

Glycemic Index:37.25, Glycemic Load:4.51, Inflammation Score:-8, Nutrition Score:22.913043353869%

### Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 3.26mg, Naringenin: 3.26mg, Naringenin: 3.26mg, Naringenin: 3.26mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 8.04mg, Quercetin: 8.04mg, Quercetin: 8.04mg, Quercetin: 8.04mg

### Nutrients (% of daily need)

Calories: 241.55kcal (12.08%), Fat: 12.36g (19.01%), Saturated Fat: 5.4g (33.74%), Carbohydrates: 23.1g (7.7%), Net Carbohydrates: 17.6g (6.4%), Sugar: 8.51g (9.45%), Cholesterol: 25.97mg (8.66%), Sodium: 539.3mg (23.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.43g (24.86%), Vitamin K: 185.22µg (176.4%), Vitamin C: 114.12mg (138.33%), Folate: 113.25µg (28.31%), Manganese: 0.53mg (26.49%), Phosphorus: 253.25mg (25.33%), Vitamin B6: 0.48mg (24.14%), Calcium: 230.82mg (23.08%), Fiber: 5.5g (22%), Potassium: 755.6mg (21.59%), Vitamin B1: 0.32mg (21.17%), Vitamin A: 969.15IU (19.38%), Vitamin B2: 0.3mg (17.57%), Selenium: 10.88µg (15.54%), Magnesium: 49.65mg (12.41%), Iron: 2.17mg (12.07%), Vitamin B3: 2.26mg (11.3%), Vitamin B5: 1.11mg (11.09%), Zinc: 1.37mg (9.12%), Vitamin B12: 0.49µg (8.16%), Vitamin E: 1.08mg (7.23%), Copper: 0.14mg (7.06%), Vitamin D: 0.59µg (3.96%)