



Crunchy Cauliflower Casserole

READY IN



60 min.

SERVINGS



4

CALORIES



396 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup breadcrumbs panko-style
- 2 tablespoon butter melted
- 1 large head cauliflower cut into florets
- 3 tablespoons flour
- 2 tablespoons parsley fresh roughly chopped
- 0.5 teaspoon ground cumin
- 0.5 teaspoon nutmeg
- 0.3 cup cup heavy whipping cream
- 1.5 teaspoons kosher salt

- 0.8 cup pecorino cheese divided grated
- 0.3 cup shallots diced
- 0.5 teaspoon pepper white freshly ground
- 2.3 cups milk whole

Equipment

- bowl
- sauce pan
- oven
- whisk
- pot
- casserole dish

Directions

- Set the oven rack to the middle and preheat to 375°F.
- Pour 1/2 cup of water into the bottom of a pot fitted with a vegetable steamer. Cover and set over medium heat. Once the water boils, drop florets into the steamer, cover, and steam until tender but not mushy, about 10 minutes.
- Remove from heat.
- Grease the bottom and sides of a small casserole dish and arrange the florets in a layer inside.
- Add butter to a small heavy saucepan and melt over low heat.
- Add shallot and cook until gently browned, stirring occasionally, about 3 minutes.
- Whisk in flour, pepper, nutmeg, and cumin. Continue to cook, stirring constantly, until pale golden brown, about 3 minutes. Slowly whisk in milk and heavy cream and cook, stirring constantly, until the sauce comes to a boil and coats the back of a spoon.
- Remove from heat and stir in 1/2 cup of the pecorino. Season to taste with salt, then pour sauce over cauliflower in casserole dish.
- In a small bowl combine bread crumbs, melted butter, and remaining pecorino. Stir well and sprinkle over the top of the florets.

- Bake until gently browned, about 20 minutes.
- Sprinkle with parsley and serve immediately, or alternatively, sprinkle with more cheese and broil briefly for a darker, crisper topping.

Nutrition Facts

PROTEIN 17.45% **FAT 48.4%** **CARBS 34.15%**

Properties

Glycemic Index:89.75, Glycemic Load:8.4, Inflammation Score:-8, Nutrition Score:26.532173923824%

Flavonoids

Apigenin: 4.37mg, Apigenin: 4.37mg, Apigenin: 4.37mg, Apigenin: 4.37mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 396.33kcal (19.82%), Fat: 22.03g (33.89%), Saturated Fat: 13.3g (83.13%), Carbohydrates: 34.98g (11.66%), Net Carbohydrates: 29.34g (10.67%), Sugar: 13.3g (14.78%), Cholesterol: 67.83mg (22.61%), Sodium: 1363.54mg (59.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.88g (35.75%), Vitamin C: 105.23mg (127.55%), Vitamin K: 68.18µg (64.93%), Calcium: 463.78mg (46.38%), Phosphorus: 424.43mg (42.44%), Folate: 154.86µg (38.72%), Vitamin B2: 0.5mg (29.62%), Manganese: 0.57mg (28.61%), Vitamin B6: 0.56mg (28.24%), Potassium: 964.37mg (27.55%), Vitamin B1: 0.38mg (25.33%), Fiber: 5.64g (22.57%), Vitamin B5: 2.19mg (21.88%), Selenium: 12.62µg (18.03%), Magnesium: 69.61mg (17.4%), Vitamin A: 866.25IU (17.33%), Vitamin B12: 1.03µg (17.24%), Iron: 2.47mg (13.74%), Zinc: 1.99mg (13.29%), Vitamin B3: 2.53mg (12.67%), Vitamin D: 1.84µg (12.28%), Copper: 0.16mg (7.84%), Vitamin E: 0.62mg (4.15%)