



Crunchy Cauliflower Surprise

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



215 kcal

SIDE DISH

Ingredients

- 1 large cauliflower
- 1 rib celery diced
- 10.8 ounce cream of chicken soup undiluted canned
- 0.5 small onion diced
- 0.3 teaspoon pepper
- 4 ounces sharp cheddar cheese shredded
- 5.5 ounce cheddar-and-sour cream potato chips crushed (2 cups)
- 8 ounce cup heavy whipping cream sour

Equipment

- bowl
- oven
- baking pan

Directions

- Cook cauliflower in boiling water to cover 10 minutes or until crisp-tender; drain.
- Stir together soup, sour cream, and pepper in a large bowl. Stir in cauliflower, celery, onion, cheese, and, if desired, chicken. Spoon into a lightly greased 13- x 9-inch baking dish.
- Sprinkle with potato chips.
- Bake at 350 for 25 minutes.
- Note: For testing purposes only, we used Ruffles Cheddar and Sour Cream Potato Chips.

Nutrition Facts



Properties

Glycemic Index:24.13, Glycemic Load:2.36, Inflammation Score:-6, Nutrition Score:11.242608705293%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 215.02kcal (10.75%), Fat: 16.6g (25.54%), Saturated Fat: 8.34g (52.12%), Carbohydrates: 10.96g (3.65%), Net Carbohydrates: 8.77g (3.19%), Sugar: 4.08g (4.53%), Cholesterol: 45.45mg (15.15%), Sodium: 406.75mg (17.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.45g (14.9%), Vitamin C: 51.41mg (62.31%), Vitamin K: 19.05µg (18.14%), Calcium: 178.3mg (17.83%), Folate: 67.35µg (16.84%), Phosphorus: 160.69mg (16.07%), Vitamin B2: 0.22mg (13.22%), Potassium: 410.87mg (11.74%), Vitamin B6: 0.23mg (11.41%), Manganese: 0.21mg (10.45%), Selenium: 7.16µg (10.23%), Vitamin A: 510.4IU (10.21%), Vitamin B5: 1mg (9.99%), Fiber: 2.19g (8.77%), Zinc: 1.08mg (7.2%), Magnesium: 26.44mg (6.61%), Copper: 0.11mg (5.28%), Iron: 0.92mg (5.09%), Vitamin B1: 0.07mg (4.88%),

Vitamin B12: 0.25µg (4.18%), Vitamin E: 0.58mg (3.86%), Vitamin B3: 0.74mg (3.7%)