



Curried Cauliflower Bake

READY IN



45 min.

SERVINGS



6

CALORIES



285 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter melted
- 1 head cauliflower
- 10.8 ounce cream of chicken soup undiluted canned
- 1 teaspoon curry powder
- 0.3 cup breadcrumbs dry fine
- 0.3 cup mayonnaise
- 6 servings garnish: parsley fresh chopped
- 0.5 teaspoon salt
- 4 ounces cheddar cheese shredded

Equipment

- oven
- baking pan

Directions

- Cut cauliflower into flowerets (about 3 cups). Cook in boiling water to cover with 1/2 teaspoon salt 10 minutes or until tender; drain well. Arrange cauliflower in a lightly greased 8-inch square baking dish.
- Stir together soup and next 4 ingredients; pour over cauliflower.
- Sprinkle with breadcrumbs.
- Bake at 350 for 30 minutes.
- Garnish, if desired.
- * 1 (16-ounce) package frozen cauliflower, thawed, may be substituted.

Nutrition Facts

 **PROTEIN 11.51%**  **FAT 71.1%**  **CARBS 17.39%**

Properties

Glycemic Index:31.5, Glycemic Load:2.68, Inflammation Score:-7, Nutrition Score:15.611739166405%

Flavonoids

Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 285.26kcal (14.26%), Fat: 23.01g (35.39%), Saturated Fat: 6.92g (43.23%), Carbohydrates: 12.66g (4.22%), Net Carbohydrates: 10.3g (3.74%), Sugar: 2.56g (2.84%), Cholesterol: 28.19mg (9.4%), Sodium: 861.09mg (37.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.38g (16.75%), Vitamin K: 103.9µg (98.96%), Vitamin C: 51.61mg (62.56%), Calcium: 179.68mg (17.97%), Folate: 71.69µg (17.92%), Vitamin A: 797.08IU (15.94%), Phosphorus: 159.07mg (15.91%), Manganese: 0.25mg (12.42%), Selenium: 8.37µg (11.96%), Vitamin B2: 0.19mg (11.25%), Potassium: 366.6mg (10.47%), Vitamin B6: 0.2mg (10.18%), Fiber: 2.36g (9.45%), Vitamin B5: 0.88mg (8.81%), Iron:

1.56mg (8.68%), Zinc: 1.24mg (8.27%), Vitamin E: 1.15mg (7.68%), Vitamin B1: 0.11mg (7.3%), Magnesium: 26.56mg (6.64%), Copper: 0.13mg (6.56%), Vitamin B3: 1.06mg (5.29%), Vitamin B12: 0.24µg (3.93%)