



Curried Cauliflower Gratin

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



313 kcal

SIDE DISH

Ingredients

- 0.3 cup breadcrumbs
- 14.5 ounce coconut milk canned
- 2 lb cauliflower
- 0.5 cup cilantro leaves fresh minced
- 0.3 teaspoon cinnamon
- 1 teaspoon cumin seeds
- 6 servings curry powder to taste
- 2 tablespoons flour all-purpose

- 1 tablespoon ginger fresh minced
- 1.5 teaspoons garlic minced
- 0.5 teaspoon ground cardamom
- 0.5 teaspoon ground cumin
- 2 pinches nutmeg
- 1 teaspoon kosher salt
- 2 tablespoons vegetable oil; peanut oil preferred
- 5 tablespoons shallots minced (1 large)
- 2 tablespoons butter unsalted softened (may want to add more)

Equipment

- sauce pan
- oven
- whisk
- baking pan

Directions

- Preheat the oven to 400 F. Butter an 8x8-inch baking dish and set aside. Steam the whole cauliflower until tender but not soggy (about 15 minutes). Cool and slice the cauliflower horizontally.
- Heat the peanut oil in a saucepan over medium heat.
- Add the ginger, shallot, and garlic; saute for 3 to 4 minutes.
- Add the dry spices and saute until aromatic, about 3 minutes.
- Sprinkle in the flour and stir to cook, about 2 minutes.
- Whisk in the coconut milk and salt and cook at a simmer, stirring, about 3 to 5 minutes (until thickened).
- Layer the cauliflower slices and curry cream in the prepared baking dish.
- Sprinkle the cumin seeds and breadcrumbs over the cauliflower and curry cream.
- Drizzle the breadcrumbs with the melted butter.

Bake for 25 to 30 minutes until golden brown and bubbling.

Sprinkle the finished dish with the minced cilantro and serve.

Nutrition Facts

PROTEIN 7.09% **FAT 69.57%** **CARBS 23.34%**

Properties

Glycemic Index:51.5, Glycemic Load:3.35, Inflammation Score:-7, Nutrition Score:17.673913043478%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 312.92kcal (15.65%), Fat: 25.85g (39.78%), Saturated Fat: 18.02g (112.62%), Carbohydrates: 19.51g (6.5%), Net Carbohydrates: 13.82g (5.03%), Sugar: 6.3g (6.99%), Cholesterol: 10.03mg (3.34%), Sodium: 480.06mg (20.87%), Protein: 5.93g (11.87%), Vitamin C: 76.32mg (92.5%), Manganese: 1.1mg (54.86%), Folate: 112.33µg (28.08%), Vitamin K: 29.43µg (28.03%), Fiber: 5.69g (22.76%), Potassium: 715.35mg (20.44%), Vitamin B6: 0.36mg (18.21%), Iron: 2.91mg (16.16%), Phosphorus: 160.51mg (16.05%), Magnesium: 58.81mg (14.7%), Copper: 0.29mg (14.47%), Vitamin B5: 1.21mg (12.14%), Vitamin B1: 0.17mg (11.44%), Selenium: 7.62µg (10.88%), Vitamin B3: 1.85mg (9.23%), Vitamin E: 1.35mg (8.99%), Vitamin B2: 0.13mg (7.81%), Zinc: 1.09mg (7.29%), Calcium: 71.24mg (7.12%), Vitamin A: 223.79IU (4.48%)