



Deviled Cauliflower Casserole

READY IN



100 min.

SERVINGS



8

CALORIES



228 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 bay leaves
- 8 servings pepper black freshly ground
- 2.5 pounds cauliflower cut into 1-inch florets (2 small heads)
- 0.1 teaspoon ground pepper
- 4 teaspoons dijon mustard
- 0.3 cup flour all-purpose
- 1.5 teaspoons breadcrumbs plus more for seasoning the cooking water and breadcrumbs
- 1.5 cups panko bread crumbs
- 0.3 cup shallots finely chopped (1 to 2 medium)

- 7 tablespoons butter unsalted plus more for coating the dish
- 2 cups milk whole
- 2 teaspoons worcestershire sauce

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- baking pan
- colander

Directions

- Heat the oven to 350°F and arrange a rack in the middle. Coat a 13-by-9-inch baking dish with butter; set aside. Fill a large saucepan with generously salted water and bring to a boil over high heat.
- Add the cauliflower and cook until just knife tender, about 5 minutes.
- Drain in a colander; set aside. Return the saucepan to medium heat and melt 4 tablespoons of the butter until foaming.
- Add the shallots and cook, stirring occasionally, until softened, about 4 minutes. Reduce the heat to low, add the flour, and whisk until smooth and the raw taste has cooked off, about 1 minute. Gradually whisk in the milk.
- Add the mustard, Worcestershire, bay leaf, cayenne, and measured salt and season generously with pepper. Cook, stirring often, until the sauce has just thickened, about 10 to 12 minutes. Discard the bay leaf.
- Add the reserved cauliflower to the sauce and stir to coat.
- Transfer to the prepared baking dish and arrange in an even layer.
- Bake until bubbly and the edges start to brown, about 35 to 40 minutes. Meanwhile, heat the remaining 3 tablespoons butter in a medium frying pan over medium heat. When the foaming

subsides, add the panko and season with salt and pepper. Cook, stirring occasionally, until lightly browned and toasted, about 6 to 8 minutes.

- Transfer to a medium bowl; set aside. When the casserole is done, let it sit for 5 to 10 minutes.
- Sprinkle the toasted panko evenly over top and serve.

Nutrition Facts



PROTEIN 11.93% **FAT 49.37%** **CARBS 38.7%**

Properties

Glycemic Index:33.88, Glycemic Load:4.91, Inflammation Score:-7, Nutrition Score:15.183478220649%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 228.4kcal (11.42%), Fat: 13.04g (20.06%), Saturated Fat: 7.77g (48.55%), Carbohydrates: 23g (7.67%), Net Carbohydrates: 19.16g (6.97%), Sugar: 7.15g (7.95%), Cholesterol: 33.66mg (11.22%), Sodium: 200.14mg (8.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.09g (14.18%), Vitamin C: 69.15mg (83.82%), Folate: 103.63µg (25.91%), Vitamin K: 24.09µg (22.94%), Manganese: 0.4mg (20.13%), Vitamin B1: 0.26mg (17.28%), Vitamin B6: 0.34mg (17.13%), Potassium: 587.7mg (16.79%), Phosphorus: 158.62mg (15.86%), Fiber: 3.84g (15.38%), Vitamin B2: 0.25mg (14.42%), Calcium: 137.52mg (13.75%), Vitamin B5: 1.3mg (12.98%), Selenium: 7.34µg (10.49%), Magnesium: 37.87mg (9.47%), Vitamin B3: 1.83mg (9.17%), Iron: 1.57mg (8.7%), Vitamin A: 422.53IU (8.45%), Vitamin B12: 0.39µg (6.52%), Zinc: 0.89mg (5.94%), Vitamin D: 0.85µg (5.7%), Copper: 0.11mg (5.3%), Vitamin E: 0.46mg (3.09%)