



Golden Cauliflower "Risotto"

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



656 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup butter divided
- 6 oz fontina shredded italian
- 1 tablespoon thyme sprigs fresh
- 3 pounds golden kiwi (1 large head)
- 0.8 tsp kosher salt
- 1.3 cups chicken broth reduced-sodium
- 0.3 cup panko bread crumbs (japanese-style)
- 0.3 tsp pepper

- 0.3 cup shallots finely chopped
- 0.8 cup whipping cream

Equipment

- food processor
- bowl
- frying pan

Directions

- Trim tough core and cut leaves from cauliflower. Break into chunks, then whirl in a food processor until broken into tiny florets.
- In a 12- to 14-in. frying pan, melt 1 tbsp. butter over high heat.
- Add panko and cook, stirring, until toasted, about 3 minutes.
- Add thyme leaves and toss to combine.
- Pour into a small bowl. Wipe frying pan clean.
- Add remaining 3 tbsp. butter, the cauliflower, shallots, and 1 1/4 cups broth to same pan. Cover and cook over high heat, stirring often, until cauliflower is just tender, 3 to 4 minutes. Uncover and cook, stirring often, until liquid is absorbed, 8 to 10 minutes.
- Stir in cream and heat until boiling.
- Remove from heat, sprinkle with cheese and truffle oil (if using), and stir until cheese is melted. If you want a creamier consistency, add remaining 1/4 cup broth. Season with salt and pepper.
- Spoon into 4 wide pasta bowls and top with toasted panko.

Nutrition Facts

 **PROTEIN 10.7%**  **FAT 56.52%**  **CARBS 32.78%**

Properties

Glycemic Index:59.17, Glycemic Load:20.59, Inflammation Score:-10, Nutrition Score:27.717391470204%

Flavonoids

Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 3.31mg, Luteolin: 3.31mg, Luteolin: 3.31mg, Luteolin: 3.31mg Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 655.52kcal (32.78%), Fat: 43.03g (66.2%), Saturated Fat: 26.01g (162.56%), Carbohydrates: 56.14g (18.71%), Net Carbohydrates: 45.01g (16.37%), Sugar: 34.05g (37.83%), Cholesterol: 130.26mg (43.42%), Sodium: 948.04mg (41.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.34g (36.67%), Vitamin C: 258.38mg (313.18%), Vitamin K: 141.2µg (134.47%), Fiber: 11.12g (44.5%), Calcium: 409mg (40.9%), Vitamin A: 1779.17IU (35.58%), Vitamin E: 5.29mg (35.25%), Phosphorus: 331.32mg (33.13%), Copper: 0.54mg (27.17%), Folate: 103.06µg (25.77%), Potassium: 879.17mg (25.12%), Manganese: 0.46mg (23.23%), Vitamin B2: 0.31mg (18.19%), Magnesium: 72.27mg (18.07%), Vitamin B6: 0.33mg (16.41%), Zinc: 2.31mg (15.37%), Vitamin B12: 0.9µg (14.95%), Selenium: 9.46µg (13.51%), Vitamin B3: 2.68mg (13.4%), Vitamin B1: 0.16mg (10.44%), Vitamin B5: 1.01mg (10.07%), Iron: 1.8mg (9.98%), Vitamin D: 0.97µg (6.46%)