



Gratin of Broccoli in Béchamel

READY IN



45 min.

SERVINGS



8

CALORIES



194 kcal

SIDE DISH

Ingredients

- ☐ 2.5 pounds broccoli fresh cut into spears
- ☐ 3 tablespoons butter
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.1 teaspoon ground nutmeg freshly grated
- ☐ 4 ounces gruyère cheese shredded
- ☐ 2 cups milk
- ☐ 0.1 teaspoon pepper
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons mustard stone-ground

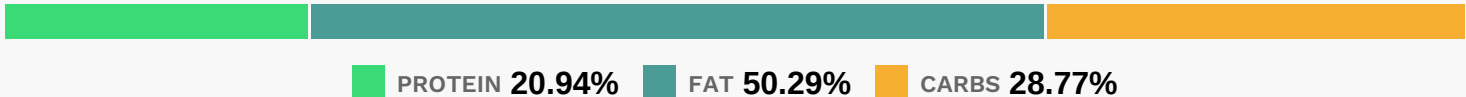
Equipment

- ☐ sauce pan
- ☐ baking pan
- ☐ steamer basket

Directions

- ☐ Arrange broccoli in a steamer basket over boiling water. Cover and steam 10 minutes or just until tender.
- ☐ Remove from heat.
- ☐ Transfer broccoli to a lightly greased 2-quart gratin or other shallow baking dish.
- ☐ Meanwhile, melt butter in a heavy saucepan over medium heat; add flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add milk, stirring constantly. Cook, stirring constantly, until sauce is thickened and bubbly.
- ☐ Remove from heat; stir in mustard and next 3 ingredients.
- ☐ Pour sauce over broccoli; sprinkle with cheese. Broil 5 1/2" from heat 6 to 8 minutes or until lightly browned.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:34.88, Glycemic Load:4.49, Inflammation Score:-9, Nutrition Score:21.006521784741%

Flavonoids

Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Kaempferol: 11.11mg, Kaempferol: 11.11mg, Kaempferol: 11.11mg, Kaempferol: 11.11mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg

Nutrients (% of daily need)

Calories: 193.85kcal (9.69%), Fat: 11.45g (17.61%), Saturated Fat: 4.87g (30.46%), Carbohydrates: 14.74g (4.91%), Net Carbohydrates: 10.8g (3.93%), Sugar: 5.46g (6.07%), Cholesterol: 22.91mg (7.64%), Sodium: 298.33mg (12.97%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.72g (21.45%), Vitamin C: 126.47mg (153.29%), Vitamin K: 145.26µg (138.35%), Calcium: 289.39mg (28.94%), Vitamin A: 1306.94IU (26.14%), Phosphorus: 249.33mg (24.93%), Folate: 96.21µg (24.05%), Vitamin B2: 0.31mg (18.12%), Manganese: 0.34mg (17.12%), Potassium: 562.28mg (16.07%), Fiber: 3.94g (15.75%), Vitamin B6: 0.3mg (15.06%), Selenium: 8.99µg (12.84%), Vitamin B1: 0.17mg (11.54%), Vitamin B5: 1.15mg (11.48%), Magnesium: 44.88mg (11.22%), Zinc: 1.43mg (9.53%), Vitamin B12: 0.56µg (9.36%), Vitamin E: 1.35mg (9.02%), Iron: 1.25mg (6.96%), Vitamin B3: 1.17mg (5.87%), Vitamin D: 0.76µg (5.04%), Copper: 0.08mg (4.11%)