



M.F.K. Fisher Memorial Cauliflower Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



300 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2.5 lb cauliflower
- ☐ 0.5 teaspoon fresh-ground pepper
- ☐ 6 oz gruyère cheese shredded
- ☐ 6 servings salt
- ☐ 1 cup whipping cream

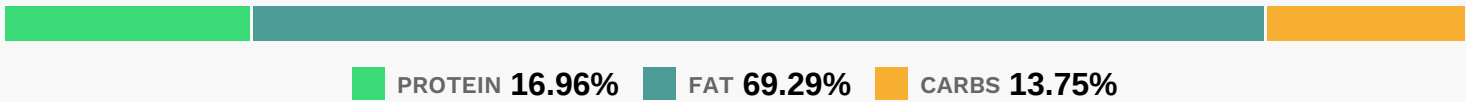
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Break cauliflower into florets, discarding core and leaves. Rinse florets.
- ☐ In a 4- to 5-quart pan over high heat, bring about 3 quarts water to a boil.
- ☐ Add cauliflower and cook until just tender when pierced, 5 to 8 minutes.
- ☐ Drain cauliflower and arrange in a shallow 1 1/2-quart casserole.
- ☐ Add cream to the empty pan and boil over high heat until it's reduced to 1/2 cup, stirring often, about 5 minutes.
- ☐ Drizzle cream over cauliflower, sprinkle with pepper, and cover evenly with cheese.
- ☐ Bake in a 425 oven just until cheese is lightly browned, 4 to 6 minutes.
- ☐ Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:1.82, Inflammation Score:-8, Nutrition Score:17.802174008411%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 299.62kcal (14.98%), Fat: 24.01g (36.94%), Saturated Fat: 14.73g (92.06%), Carbohydrates: 10.73g (3.58%), Net Carbohydrates: 6.91g (2.51%), Sugar: 4.87g (5.41%), Cholesterol: 76.01mg (25.34%), Sodium: 463.65mg (20.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.22g (26.44%), Vitamin C: 91.33mg (110.71%), Calcium: 354.95mg (35.49%), Vitamin K: 31.6µg (30.1%), Folate: 112.18µg (28.04%), Phosphorus: 277.94mg (27.79%), Vitamin B6: 0.39mg (19.25%), Potassium: 628mg (17.94%), Vitamin A: 852.77IU (17.06%), Manganese: 0.32mg (16%), Vitamin B2: 0.27mg (15.73%), Fiber: 3.82g (15.29%), Vitamin B5: 1.52mg (15.23%), Zinc: 1.71mg (11.42%), Magnesium: 41.62mg (10.41%), Selenium: 6.44µg (9.2%), Vitamin B12: 0.52µg (8.62%), Vitamin B1: 0.12mg (7.97%), Vitamin D: 0.8µg (5.37%), Vitamin B3: 1.02mg (5.08%), Iron: 0.9mg (5%), Copper: 0.09mg (4.48%), Vitamin E: 0.6mg (3.98%)