



Nany's Cheesy Cauliflower Casserole

READY IN



15 min.

SERVINGS



8

CALORIES



495 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup butter
- 1 large head cauliflower steamed
- 12 fluid ounce evaporated milk canned
- 1 cup mayonnaise
- 4 ounces saltines
- 1 cup cheddar cheese shredded

Equipment

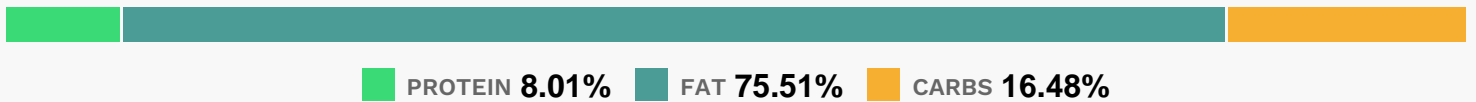
- bowl

- frying pan
- sauce pan
- oven
- whisk
- casserole dish
- broiler

Directions

- Preheat your oven's broiler.
- Crumble salted crackers into a small bowl and mash them with butter until soft.
- Place steamed cauliflower into a 9x13 inch casserole dish.
- In small saucepan, combine milk and mayonnaise with wire whisk. Bring the mixture to a boil; boil for 1 minute.
- Remove the pan from the heat and stir in cheese until melted.
- Pour this sauce over the cauliflower. Crumble the butter and cracker mixture over the cheese and cauliflower.
- Place the casserole into the preheated oven and broil until golden brown.

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:1.17, Inflammation Score:-6, Nutrition Score:15.960869322652%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 495.13kcal (24.76%), Fat: 42.12g (64.81%), Saturated Fat: 15.69g (98.04%), Carbohydrates: 20.67g (6.89%), Net Carbohydrates: 18.18g (6.61%), Sugar: 6.86g (7.62%), Cholesterol: 69.25mg (23.08%), Sodium: 573.3mg (24.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.06g (20.12%), Vitamin K: 67.11µg (63.92%),

Vitamin C: 51.45mg (62.37%), Calcium: 247.07mg (24.71%), Phosphorus: 224.68mg (22.47%), Folate: 87.18µg (21.8%), Vitamin B2: 0.34mg (20.27%), Manganese: 0.29mg (14.38%), Potassium: 489.77mg (13.99%), Vitamin A: 620.43IU (12.41%), Vitamin B1: 0.18mg (12.03%), Vitamin B6: 0.24mg (12%), Vitamin B5: 1.17mg (11.73%), Selenium: 7.89µg (11.28%), Vitamin E: 1.67mg (11.14%), Fiber: 2.5g (9.99%), Zinc: 1.3mg (8.64%), Magnesium: 34.03mg (8.51%), Iron: 1.4mg (7.77%), Vitamin B3: 1.54mg (7.72%), Vitamin B12: 0.29µg (4.85%), Copper: 0.08mg (3.89%), Vitamin D: 0.19µg (1.23%)