



Potato and Cauliflower Casserole

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



388 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons butter
- 1 head cauliflower cut into florets
- 3 tablespoons flour all-purpose
- 1 cup heavy whipping cream
- 2 large potatoes peeled chopped
- 6 servings salt and pepper to taste
- 1 cup swiss cheese shredded

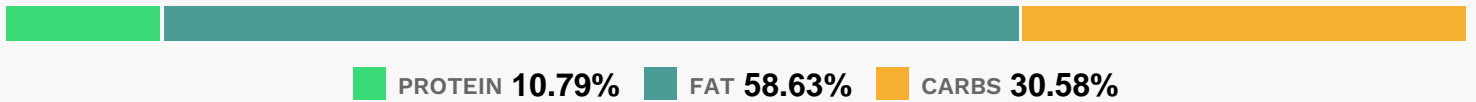
Equipment

- sauce pan
- oven
- whisk
- pot
- casserole dish
- steamer basket

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium casserole dish.
- In a pot with enough water to cover, boil the potatoes 10 minutes, or until tender but still firm.
- Drain, and set aside.
- In a pot, place the cauliflower in a steamer basket over boiling water. Steam 5 minutes, until tender but still firm. Set aside.
- Melt the butter in a saucepan over medium heat, and whisk in the flour. Gradually stir in the heavy cream until thickened.
- Remove from heat, and mix in 1/2 cup Swiss cheese until melted. Season with salt and pepper.
- Arrange the potatoes and cauliflower in the prepared casserole dish.
- Pour the cream sauce over the potatoes and cauliflower, and sprinkle with the remaining Swiss cheese.
- Bake 20 minutes in the preheated oven, or until bubbly and lightly browned.

Nutrition Facts



Properties

Glycemic Index:44.63, Glycemic Load:18.78, Inflammation Score:-7, Nutrition Score:17.529565168464%

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: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 388.11kcal (19.41%), Fat: 25.99g (39.99%), Saturated Fat: 16.16g (101%), Carbohydrates: 30.5g (10.17%), Net Carbohydrates: 25.78g (9.37%), Sugar: 3.96g (4.4%), Cholesterol: 76.61mg (25.54%), Sodium: 319.02mg (13.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.76g (21.52%), Vitamin C: 70.66mg (85.65%), Vitamin B6: 0.57mg (28.38%), Potassium: 860.57mg (24.59%), Phosphorus: 244.33mg (24.43%), Calcium: 224.59mg (22.46%), Folate: 84.58µg (21.15%), Fiber: 4.72g (18.9%), Vitamin K: 19.21µg (18.3%), Manganese: 0.36mg (18.21%), Vitamin A: 909.89IU (18.2%), Vitamin B2: 0.25mg (14.52%), Magnesium: 52.35mg (13.09%), Selenium: 8.89µg (12.71%), Vitamin B1: 0.19mg (12.4%), Vitamin B5: 1.21mg (12.06%), Vitamin B12: 0.62µg (10.32%), Vitamin B3: 2.04mg (10.21%), Zinc: 1.53mg (10.2%), Copper: 0.19mg (9.43%), Iron: 1.6mg (8.9%), Vitamin E: 0.73mg (4.84%), Vitamin D: 0.63µg (4.23%)