



Roasted Cauliflower Gratin

 Popular

READY IN



45 min.

SERVINGS



6

CALORIES



1701 kcal

SIDE DISH

Ingredients

- ☐ 0.3 tsp pepper black
- ☐ 3 tbsp breadcrumbs (I used Panko)
- ☐ 2.5 lbs cauliflower florets (one large 3 lb cauliflower head)
- ☐ 2 qt deep dish pie crust
- ☐ 2 tbsp flour
- ☐ 1.3 cups milk
- ☐ 1 tbsp olive oil
- ☐ 3 tbsp parmesan

- ☐ 1 tbsp potato flour
- ☐ 1 tsp salt
- ☐ 0.8 cup sharp cheddar cheese shredded packed
- ☐ 2 tbsp butter unsalted

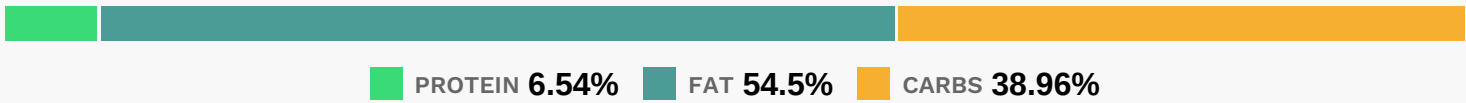
Equipment

- ☐ baking pan

Directions

- ☐ Save Recipe
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- ☐ Roasted Cauliflower Gratin
- ☐ Ingredients2 1/2 lbs cauliflower florets (about one large 3 lb cauliflower head)1 tbsp olive oil2
tbsp unsalted butter2 tbsp flour1 tsp salt1/4 tsp black pepper1 1/4 cups lowfat milk3/4 cup
shredded sharp cheddar cheese, tightly packed3 tbsp breadcrumbs (I used Panko)Gluten
Free Modification Ingredients1 tbsp potato starch3 tbsp parmesan cheese
- ☐ You will also need2 qt gratin dish or 8x8 inch square baking dish
- ☐ Servings: 6
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:32.17, Glycemic Load:3.3, Inflammation Score:-9, Nutrition Score:38.898261028787%

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: 1700.52kcal (85.03%), Fat: 103.57g (159.35%), Saturated Fat: 32.11g (200.69%), Carbohydrates: 166.64g (55.55%), Net Carbohydrates: 158.05g (57.47%), Sugar: 6.48g (7.2%), Cholesterol: 28.46mg (9.49%), Sodium: 1747.39mg (75.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.95g (55.91%), Vitamin C: 91.15mg (110.48%), Manganese: 1.88mg (93.84%), Folate: 365.16µg (91.29%), Vitamin K: 79.25µg (75.48%), Vitamin B1: 0.92mg (61%), Vitamin B3: 9.44mg (47.22%), Iron: 8.37mg (46.49%), Phosphorus: 444.81mg (44.48%), Vitamin B2: 0.74mg (43.46%), Fiber: 8.59g (34.35%), Selenium: 23.1µg (32.99%), Vitamin E: 4.64mg (30.93%), Calcium: 308.24mg (30.82%), Vitamin B6: 0.56mg (27.77%), Potassium: 971.68mg (27.76%), Vitamin B5: 2.69mg (26.95%), Magnesium: 90.29mg (22.57%), Zinc: 2.86mg (19.09%), Copper: 0.35mg (17.5%), Vitamin B12: 0.51µg (8.42%), Vitamin A: 376.17IU (7.52%), Vitamin D: 0.71µg (4.73%)