



Roasted Cauliflower with Mornay Sauce

 Very Healthy

READY IN



40 min.

SERVINGS



6

CALORIES



105 kcal

SIDE DISH

Ingredients

- 3 pound cauliflower trimmed
- 1 tablespoon flour all-purpose
- 2 tablespoons fresh flat-leaf parsley fresh coarsely chopped
- 0.3 cup gruyère cheese shredded
- 0.3 teaspoon kosher salt
- 0.8 cup low fat milk 2% reduced-fat
- 0.3 teaspoon salt

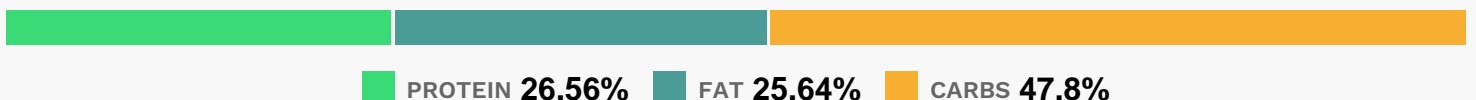
Equipment

- baking sheet
- sauce pan
- oven
- whisk
- cutting board

Directions

- Preheat oven to 425
- Place cauliflower on a large cutting board, stalk end down; cut lengthwise into 6 planks (about 1 inch thick).
- Place cauliflower on a large baking sheet coated with cooking spray. (You will have long cross sections as well as florets.) Spray cauliflower with cooking spray.
- Bake at 425 for 30 minutes or until cauliflower is tender and browned, turning after 15 minutes.
- Remove cauliflower to a serving platter.
- Sprinkle with salt.
- Place flour in a small saucepan. Gradually add milk and salt, stirring constantly with a whisk until blended.
- Place over low heat; cook until thick (about 5 minutes), stirring constantly.
- Remove from heat; add cheeses, stirring with a whisk until cheese melts and sauce thickens. Keep warm.
- Drizzle cheese sauce over cauliflower.
- Sprinkle with parsley.
- Lighten Up Enticement for picky eaters Although these roasted florets are fantastic on their own, no one (especially not kids) can resist them when dunked into a few spoonfuls of simple Mornay sauce. My version uses low-fat milk and a reduced amount of cheese to lower the calories.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:2.86, Inflammation Score:0, Nutrition Score:17.126956338468%

Flavonoids

Apigenin: 2.94mg, Apigenin: 2.94mg, Apigenin: 2.94mg, Apigenin: 2.94mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 104.7kcal (5.24%), Fat: 3.31g (5.09%), Saturated Fat: 1.85g (11.58%), Carbohydrates: 13.87g (4.62%), Net Carbohydrates: 9.25g (3.37%), Sugar: 5.84g (6.48%), Cholesterol: 9.54mg (3.18%), Sodium: 326.47mg (14.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.71g (15.41%), Vitamin C: 111.09mg (134.65%), Vitamin K: 57.25µg (54.53%), Folate: 134.91µg (33.73%), Vitamin B6: 0.44mg (22.13%), Potassium: 739.73mg (21.14%), Fiber: 4.61g (18.45%), Manganese: 0.36mg (18.24%), Phosphorus: 176.67mg (17.67%), Vitamin B5: 1.67mg (16.71%), Calcium: 163.28mg (16.33%), Vitamin B2: 0.21mg (12.08%), Magnesium: 41.15mg (10.29%), Vitamin B1: 0.15mg (9.7%), Zinc: 1.05mg (6.99%), Vitamin B3: 1.28mg (6.41%), Iron: 1.11mg (6.15%), Selenium: 3.47µg (4.96%), Vitamin B12: 0.3µg (4.95%), Vitamin A: 239.66IU (4.79%), Copper: 0.09mg (4.75%), Vitamin D: 0.37µg (2.46%), Vitamin E: 0.22mg (1.46%)