



Roasted Cauliflower with Parmesan and Pancetta

READY IN



45 min.

SERVINGS



6

CALORIES



317 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup bread crumbs
- ☐ 0.3 cup butter
- ☐ 1 head cauliflower cut into pieces (6 cups)
- ☐ 0.3 cup flour all-purpose
- ☐ 1.5 cups milk
- ☐ 0.1 teaspoon nutmeg freshly grated
- ☐ 4 ounce pancetta diced

- ☐ 1 cup parmesan grated
- ☐ 1 teaspoon pepper flakes red
- ☐ 0.3 teaspoon salt
- ☐ 1 clove garlic whole

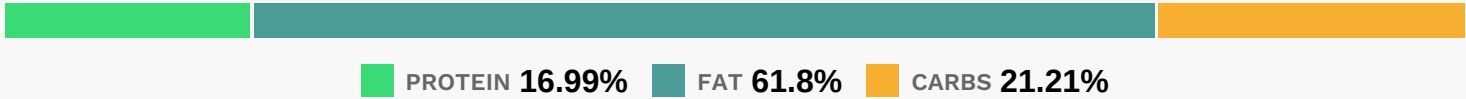
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ wooden spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Bring a large pot of salted water to a boil over high heat. Blanch the cauliflower for 2 minutes.
- ☐ Transfer the cauliflower to a buttered 9 by 13-inch baking dish and let cool, about 5 minutes.
- ☐ In a small skillet over medium-high heat, brown the pancetta.
- ☐ Transfer to a small bowl and set aside.
- ☐ In the same skillet, melt the butter.
- ☐ Add the flour and stir until combined. Continue stirring for 2 minutes to cook the flour. Slowly add the milk, stirring continuously until the milk has incorporated and there are no lumps.
- ☐ Add the garlic clove and red pepper flakes and stir the sauce over low heat until the mixture coats the back of a wooden spoon.
- ☐ Add the Parmesan, salt, pepper, nutmeg, and the reserved pancetta. Stir to combine.
- ☐ Pour the sauce over the cauliflower to cover. Top with a sprinkling of bread crumbs.
- ☐ Bake until the breadcrumbs are golden and the cauliflower is cooked, about 25 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:5.08, Inflammation Score:-6, Nutrition Score:14.460000017415%

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: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 317.29kcal (15.86%), Fat: 22.13g (34.05%), Saturated Fat: 11.47g (71.68%), Carbohydrates: 17.09g (5.7%), Net Carbohydrates: 14.61g (5.31%), Sugar: 5.33g (5.92%), Cholesterol: 51.46mg (17.15%), Sodium: 651.36mg (28.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.69g (27.38%), Vitamin C: 46.35mg (56.18%), Calcium: 310.93mg (31.09%), Phosphorus: 266.44mg (26.64%), Selenium: 12.8µg (18.28%), Folate: 72.18µg (18.05%), Vitamin B1: 0.24mg (16.15%), Vitamin K: 16.89µg (16.09%), Vitamin B2: 0.27mg (15.84%), Vitamin B6: 0.3mg (15.12%), Manganese: 0.27mg (13.66%), Potassium: 460.18mg (13.15%), Vitamin A: 571.72IU (11.43%), Vitamin B5: 1.12mg (11.21%), Vitamin B12: 0.66µg (11.02%), Vitamin B3: 2.11mg (10.54%), Fiber: 2.48g (9.93%), Magnesium: 36.05mg (9.01%), Zinc: 1.34mg (8.96%), Iron: 1.23mg (6.81%), Vitamin D: 0.83µg (5.53%), Copper: 0.08mg (4.02%), Vitamin E: 0.58mg (3.87%)