



This Easy Cauliflower Gratin Is So Good, You'll Love It Just as Much as Potato Gratin

READY IN



65 min.

SERVINGS



4

CALORIES



441 kcal

SIDE DISH

Ingredients

- 3 slices sandwich bread white
- 2 tablespoons parmesan cheese grated
- 3 tablespoons butter
- 0.3 cup flour all-purpose
- 2 cups milk
- 2 pounds cauliflower cored cut into small florets
- 1 serving coarse mustard
- 1 cup gruyere cheese grated

Equipment

oven

Directions

Potato, Cauliflower, and Cheddar

Bake

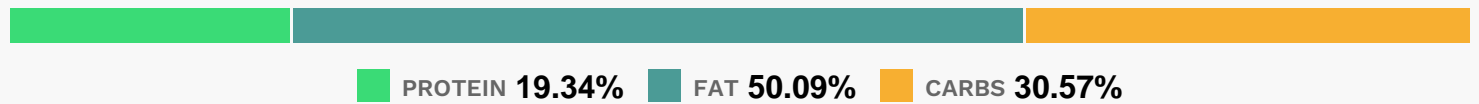
Cauliflower and Leek Gratin

Baked Cauliflower Custards

Cauliflower and Mushroom Roast

Tuna Noodle Casserole With Cauliflower

Nutrition Facts



Properties

Glycemic Index:75.44, Glycemic Load:16.65, Inflammation Score:-8, Nutrition Score:26.639130281365%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 441.3kcal (22.07%), Fat: 25.23g (38.82%), Saturated Fat: 14.76g (92.24%), Carbohydrates: 34.64g (11.55%), Net Carbohydrates: 29.34g (10.67%), Sugar: 11.37g (12.64%), Cholesterol: 75.69mg (25.23%), Sodium: 564.68mg (24.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.92g (43.83%), Vitamin C: 109.32mg (132.51%), Calcium: 599.79mg (59.98%), Phosphorus: 474.82mg (47.48%), Folate: 173µg (43.25%), Vitamin K: 37.28µg (35.5%), Vitamin B2: 0.51mg (29.76%), Manganese: 0.55mg (27.57%), Vitamin B6: 0.54mg (27.17%), Potassium: 929.93mg (26.57%), Vitamin B1: 0.38mg (25.46%), Selenium: 17.75µg (25.36%), Vitamin B5: 2.32mg (23.23%), Fiber: 5.3g (21.21%), Vitamin B12: 1.24µg (20.64%), Zinc: 2.76mg (18.42%), Magnesium: 69.58mg (17.39%), Vitamin A: 795.58IU (15.91%), Vitamin B3: 2.83mg (14.17%), Iron: 2.16mg (11.97%), Vitamin D: 1.55µg (10.35%), Copper: 0.14mg (7.02%), Vitamin E: 0.64mg (4.29%)