



Utokia's Tip for Cauliflower Packets



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



97 kcal

SIDE DISH

Ingredients

- ☐ 4 cups cauliflowerets
- ☐ 2 ice cubes
- ☐ 1 cup pasteurized processed cheese sauce
- ☐ 0.5 cup bell pepper red chopped
- ☐ 6 servings salt and pepper to taste

Equipment

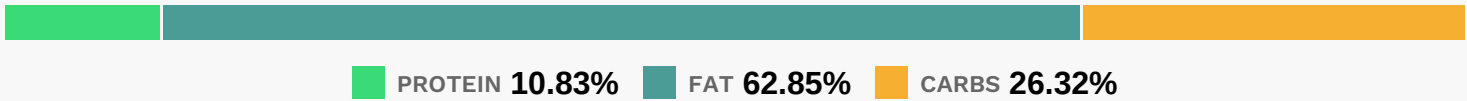
- ☐ baking sheet
- ☐ oven

- ☐ knife
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 450 degrees F.
- ☐ Place cauliflowerrets in center of foil. Spoon cheese sauce evenly over cauliflowerrets; top with bell pepper and ice cubes.
- ☐ Sprinkle with salt and pepper, if desired.
- ☐ Place packet on baking sheet with 1-inch sides.
- ☐ Bring up sides of foil; fold down two times. Double fold both ends of foil to seal packet, leaving room for heat circulation inside.
- ☐ Bake 20 to 25 minutes or until cauliflowerrets are at desired texture. Open packet carefully by cutting along top folds with a sharp knife, allowing steam to escape. Stir to coat evenly.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.79, Inflammation Score:-6, Nutrition Score:6.4565217261729%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 97.18kcal (4.86%), Fat: 7.28g (11.2%), Saturated Fat: 1.67g (10.45%), Carbohydrates: 6.86g (2.29%), Net Carbohydrates: 5.27g (1.92%), Sugar: 3.37g (3.75%), Cholesterol: 3.55mg (1.18%), Sodium: 538.25mg (23.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.64%), Vitamin C: 48.03mg (58.21%), Vitamin A: 600.12IU (12%), Folate: 43.71µg (10.93%), Vitamin K: 10.94µg (10.42%), Vitamin B6: 0.16mg (7.94%), Potassium: 225.57mg (6.44%), Fiber: 1.59g (6.38%), Manganese: 0.12mg (5.89%), Vitamin B5: 0.48mg (4.84%), Calcium: 43.95mg (4.39%), Phosphorus: 32.56mg (3.26%), Vitamin B2: 0.05mg (2.97%), Magnesium: 11.54mg (2.89%), Vitamin B1: 0.04mg (2.67%), Vitamin B3: 0.46mg (2.3%), Iron: 0.34mg (1.86%), Vitamin E: 0.25mg (1.66%), Copper: 0.03mg (1.45%), Zinc: 0.21mg (1.41%)