

Cauliflower Au Gratin

Yield: 7 min
Total Time: 53 min

Recipe from: <https://www.recipeschoose.com/recipes/cauliflower-au-gratin-indian-recipe>

Ingredients:

- 2 heads cauliflower approx 4 pounds, cut into florets
- 4 tablespoons butter plus more for buttering dish
- 1/2 cup heavy cream
- 3 cloves garlic minced
- 8 ounces sharp cheddar cheese block of, shredded
- 1 cup Parmesan grated
- 1 tablespoon fresh thyme leaves chopped
- kosher salt
- freshly ground black pepper

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 90 milligrams
4. Fat: 29 grams
5. Fiber: 3 grams
6. Protein: 17 grams
7. SaturatedFat: 18 grams
8. Sodium: 650 milligrams
9. Sugar: 4 grams

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