

## Butter Bean &amp; Cauliflower Cheese



## Ingredients

| Description       | Ptn       | 10ptn    | 50ptn  | 100ptn | 200ptn |
|-------------------|-----------|----------|--------|--------|--------|
| Cauliflower       | 0.04 each | 0.4 each | 2 each | 4 each | 8 each |
| Plain Flour       | 11 g      | 110 g    | 550 g  | 1.1 kg | 2.2 kg |
| Semi Skimmed Milk | 92 ml     | 920 ml   | 4.6 L  | 9.2 L  | 18.4 L |
| Cheddar Cheese    | 10 g      | 100 g    | 500 g  | 1 kg   | 2 kg   |
| Margarine         | 10 g      | 100 g    | 500 g  | 1 kg   | 2 kg   |
| Butter Beans      | 40 g      | 400 g    | 2 kg   | 4 kg   | 8 kg   |

## Method

In a pan melt the margarine and mix the flour to make a roux.  
 Bring the milk to a simmer and add to the roux, keep stirring until thickened.  
 Add the grated cheese and mix.  
 Half cook the cauliflower and drain the butter beans.  
 Combine them in a tin and pour over the cheese sauce.  
 Cook at 200c until golden.

## Assembled Tags



Contains Milk

SO<sub>2</sub>Contains Sulphur  
Dioxide &  
Sulphites >  
10mg/Kg

Contains Wheat

Butter Bean & Cauliflower Cheese

Nutrition

| Standard Size: Ptn |             |            |
|--------------------|-------------|------------|
| Nutrient           | Per Portion | Per 100g   |
| Energy (kcal)      | 221.59kcal  | 119.26kcal |
| Fat                | 13.55g      | 7.29g      |
| Satd FA /100g fd   | 6.74g       | 3.63g      |
| Carbohydrate       | 16.79g      | 9.04g      |
| Protein            | 9.33g       | 5.02g      |
| NSP                | 2.03g       | 1.09g      |
| Vitamin A          | 125.61µg    | 67.6µg     |
| Vitamin C          | 12.64mg     | 6.8mg      |
| Zinc               | 0.96mg      | 0.52mg     |
| Iron               | 0.8mg       | 0.43mg     |
| Folate             | 37.14µg     | 19.99µg    |
| Calcium            | 208.42mg    | 112.17mg   |
| Sodium             | 298.25mg    | 160.52mg   |
| Salt               | 0.75g       | 0.4g       |
| Total sugars       | 5.57g       | 3g         |



Standard Size: Ptn

Allergen Assembled Tags



SO<sub>2</sub>

Contains Sulphur Dioxide & Sulphites > 10mg/Kg

