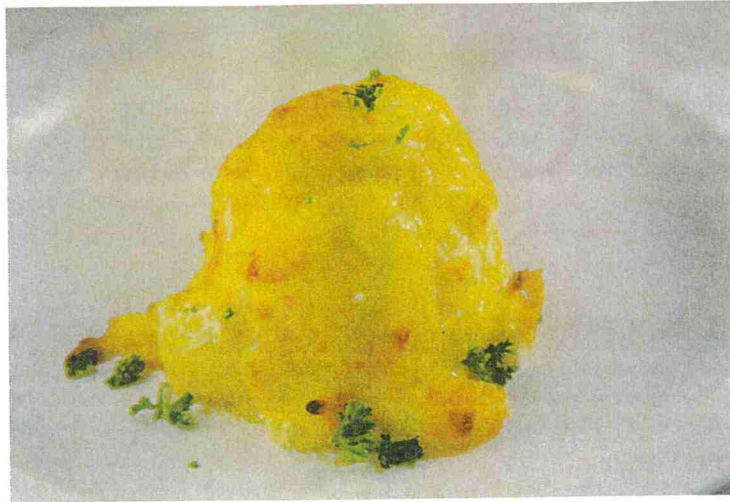


## Cauliflower Cheese



## 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

## 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 and pour over the cheese sauce.  
Cook at 200c until golden.

## Assembled Tags



Contains Milk



Contains Wheat

## Nutrition

Standard Size: Ptn		
Nutrient	Per Portion	Per 100g
Energy (kcal)	204.03kcal	125.17kcal
Fat	13.44g	8.25g
Satd FA /100g fd	6.72g	4.12g
Carbohydrate	13.82g	8.48g
Protein	7.98g	4.9g
NSP	0.98g	0.6g
Vitamin A	125.61µg	77.06µg
Vitamin C	12.64mg	7.75mg
Zinc	0.82mg	0.5mg
Iron	0.46mg	0.28mg
Folate	34.4µg	21.1µg
Calcium	205mg	125.77mg
Sodium	202.49mg	124.23mg
Salt	0.51g	0.31g
Total sugars	5.32g	3.26g