

Cheesy Broccoli Gratin

🕒 40 min 🍽️ 4 servings

388 Kcal / serving

15g Protein 32g Fat 12g Carbs

Ingredients

- Heavy cream (use lactose free if need lactose free), 0.25 cup (59.5 g)
- Cream cheese (use lactose free if need lactose free), 4 oz (113.4 g)
- Butter, 1 Tablespoon (14 g)
- Salt, 0.125 teaspoon (1.5 g)
- Broccoli, 1 pound (453.6 g)
- Garlic (avoid if require low fodmap), 4 (12 g)
- pepper, 0.5 teaspoon (1 g)
- Cheddar Cheese (swap to mozzarella if require low fodmap), 0.5 cups (56 g)
- Cheddar Cheese, 1 cups (112 g)



Instructions

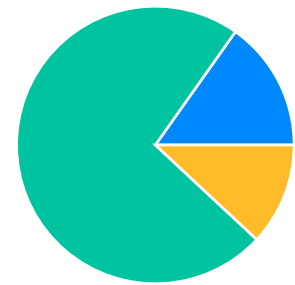
1. Preheat your oven to 200C.
2. Steam the broccoli in a steamer, lid covered, for 5-6 minutes, or until slightly tender, just enough so that it is still crunchy on the inside.
3. Drain well and place into a large mixing bowl.
4. Place the crushed garlic, butter, salt, pepper, cream cheese, 1/2 cup of cheddar cheese, and heavy cream in a small saucepan.
5. Cook on medium heat for 7-10 minutes, while stirring until the cheese has melted.
6. Add the sauce into the broccoli, and gently mix.
7. Pour the mixture into a casserole dish and top with the remaining 1 cup of cheddar cheese.
8. Bake in the oven for 20-30 minutes until the cheese is melted and browned.
9. Serve immediately with your favourite protein such as roast chicken or steak.

Comments

This dish is: low carb, gluten free, vegetarian, FODMAP
 Stick to 3/4 cup as a serve for a low fodmap side dish.
 Great as a leftover the next day.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1552.9	188.7	388.2
Protein [g]	60.9	7.4	15.2
Fat [g]	129.6	15.7	32.4
Carbs [g]	47.8	5.8	12
Fiber [g]	12.3	1.5	3.1
Net Carbs [g]	35.5	4.3	8.9



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Calcium, Ca [mg]	1585.1	192.6	396.3
Iron, Fe [mg]	4	0.5	1
Magnesium, Mg [mg]	160	19.4	40
Phosphorus, P [mg]	1242.9	151	310.7
Potassium, K [mg]	1832.1	222.6	458
Sodium, Na [mg]	2292.5	278.6	573.1
Zinc, Zn [mg]	8.8	1.1	2.2
Vitamin A, RAE [ug]	1384.6	168.2	346.2
Vitamin E [mg]	6.6	0.8	1.7
Vitamin D [ug]	2	0.2	0.5
Vitamin C [mg]	408.7	49.7	102.2
Thiamin [mg]	0.4	0	0.1
Riboflavin [mg]	1.6	0.2	0.4
Niacin [mg]	3.2	0.4	0.8
Vitamin B6 [mg]	1.1	0.1	0.3
Vitamin B12 [ug]	2.2	0.3	0.6

Vitamin K [ug]

472

57.4

118