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Sausage and Cauliflower Casserole

A delicious casserole dish made with sausage and cauliflower. This hearty dish is perfect for a cozy dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	Sausage
500 g	cauliflower
100 g	onion
2 cloves	garlic
2 tbsp	olive oil

1 tsp	salt
1 tsp	pepper
1 tsp	paprika
200 g	Cheese

Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Frying

In a large skillet, cook the sausage over medium heat until browned. Remove from the skillet and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Sautéing

In the same skillet, sauté the onion and garlic in olive oil until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Mixing

In a large baking dish, combine the cooked sausage, sautéed onion and garlic, cauliflower, salt, pepper, and paprika. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Baking

Cover the baking dish with foil and bake for 20 minutes. Remove the foil, sprinkle cheese on top, and bake for an additional 10 minutes or until the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 30 mins

Step 6

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 30 g

Protein: 20 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	5 g	13.16%	20%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	3 g	N/A	N/A
Lactose	2 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	30 g	107.14%	120%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Course

Sauces & Dressings

Main Dishes

Side Dishes

Desserts

Salads

Soups

Snacks

Cultural

Chinese New Year

Difficulty Level

Medium

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