


# Cauliflower Au Gratin - CACFP

## GENERAL INFORMATION

Recipe #	Category	Source
1673829	Vegetables 	Local

## INGREDIENTS

Name	Quantity	+	Quantity
Cauliflower, raw	3 lbs., 12 oz.		2
Reduced Fat Cheese Sauce, Reduced Sodium	2 lbs., 8 oz.		
Peppers, chili, green, canned	1 ½ c.		
Oil, olive, salad or cooking	1 tsp.		

## PREPARATION INSTRUCTIONS

**HACCP Process:** #2 - Same Day Service

1. Steam cauliflower in a perforated pan for approximately 8 minutes or until tender.
2. Saute Green Chiles in 1 TBSP Olive oil for 2 minutes. Add cheese sauce and warm up on low heat for about 8 minutes.
3. Put cauliflower in a 4 inch hotel pan or a 12 x 20 pan and mix in cheese sauce.
4. Bake in oven uncovered for 10-15 minutes or until the internal temperature reaches 165 degrees. Hold hot for service.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Vegetables can be steamed from fresh, frozen or canned product. Wash, peel and cut up product into desired size pieces, if needed.

Place product in a clean perforated pan.

Vegetables can be steamed in an oven, steam kettle or steamer. To steam in an oven, place perforated pan in a 4" deep pan that contains at least 2 cups of water. Cover tightly with foil. To steam in a steamer, follow instructions for your particulate steamer. Do not add water to vegetables. To steam in a steam jacketed kettle, follow manufacturer instructions.

CCP: Heat to 135° F or higher for at least 15 seconds

Remove product from steamer, kettle or oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Product should be served immediately. Ensure that hot food is held at a temperature above 135° F.

**CORRECTIVE ACTION HOT FOOD** All cooked food items being held for service that drop below 135 degrees must be removed from service until such time as they are reheated to 135 degrees. Any food not eaten after reheating must be discarded.

CCP: The quality of vegetables deteriorates quickly after cooking. Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Record time and internal temperature of completed recipe on daily log.



## Cauliflower Au Gratin - CACFP

Serving Size	Yield
0.5 Cup	25.00

## Nutrition Facts

Serving Size 0.5 Cup (122 gm)	
Amount Per Serving	
<b>Calories</b>	<b>100.152</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6.002 gm	<b>9.234 %</b>
<b>Saturated Fat</b> 2.915 gm	<b>14.577 %</b>
<b>Trans Fat</b> 0.000* gm	
<b>Cholesterol</b> 20.064 mg	<b>6.688 %</b>
<b>Sodium</b> 205.373 mg	<b>8.557 %</b>
<b>Total Carbohydrate</b> 6.164 gm	<b>2.055 %</b>
<b>Dietary Fiber</b> 1.503 gm	<b>6.01 %</b>
<b>Total Sugars</b> 2.900* gm	
<b>Includes 0.000* of Added Sugars</b>	
<b>Protein</b> 6.975 gm	<b>13.95 %</b>
Vitamin A 10.508* iu	<b>0.21 %</b>
Vitamin C 35.647 mg	<b>59.412 %</b>
Vitamin D 0.000 mcg	
Calcium 181.221 mg	<b>18.122 %</b>
Iron 0.398 mg	<b>2.209 %</b>
Potassium 330.510 mg	<b>7.032 %</b>
Saturated Fat % of Calories	<b>26.199%</b>

\* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

## Meal Components

Component	Measurement
Other Vegetables	0.5 cups

**MY SCHOOL MENUS**

**IN USE AS A SUB RECIPE**

**MENUS USING THIS RECIPE**

**DATES**

**Last Updated**  
01-31-2025

**Created**  
09-11-2024