

# Sesame Cauliflower

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Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

## Servings: 6

2 Tablespoons Butter or margarine  
2 Tablespoons All-purpose flour  
1 Chicken broth or bouillon  
2 Teaspoons Lemon juice  
1 Large Head Cauliflower, Boiled in  
lemon water  
2 Tablespoons Sesame seeds

In a small saucepan over medium heat, melt the butter. Slowly add the flour, stirring constantly, until well mixed.

Gradually add the broth and lemon juice.

Cook and stir until the mixture thickens. Pour over the cooked cauliflower. Sprinkle with sesame seeds.

Per Serving (excluding unknown items): 65 Calories; 5g Fat (71.3% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; 10mg Cholesterol; 44mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat.

## Side Dishes

### Per Serving Nutritional Analysis

Calories (kcal):	65	Vitamin B6 (mg):	.1mg
% Calories from Fat:	71.3%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	21.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	6.9%	Riboflavin B2 (mg):	trace
Total Fat (g):	5g	Folacin (mcg):	17mcg
Saturated Fat (g):	3g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	10mg	% Refuse:	0 0%
Carbohydrate (g):	4g	<b>Food Exchanges</b>	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	44mg	Vegetable:	0
Potassium (mg):	71mg	Fruit:	0

**Calcium (mg):** 35mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 9mg  
**Vitamin A (i.u.):** 148IU  
**Vitamin A (r.e.):** 36RE

**Non-Fat Milk:** 0  
**Fat:** 1  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 65 Calories from Fat: 46

### % Daily Values\*

<b>Total Fat</b>	5g	8%
Saturated Fat	3g	13%
<b>Cholesterol</b>	10mg	3%
<b>Sodium</b>	44mg	2%
<b>Total Carbohydrates</b>	4g	1%
Dietary Fiber	1g	3%
<b>Protein</b>	1g	

<b>Vitamin A</b>	3%
<b>Vitamin C</b>	14%
<b>Calcium</b>	3%
<b>Iron</b>	4%

\* Percent Daily Values are based on a 2000 calorie diet.