



Cauli-power Fettuccine "Alfredo"

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



272 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup unflavoured almond milk unsweetened (or non-dairy milk)
- ☐ 4 cups cauliflower florets (1 small cauliflower)
- ☐ 0.5 tablespoon olive oil extra virgin
- ☐ 0.8 teaspoon grain sea salt to taste fine
- ☐ 4 servings parsley fresh for garnish
- ☐ 1 tablespoon garlic minced (from 2 /lg cloves)
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 0.3 cup nutritional yeast
- ☐ 0.5 teaspoon onion powder
- ☐ 8 oz fettuccine pasta box of eden spelt ribbons) organic
- ☐ 0.3 teaspoon pepper to taste

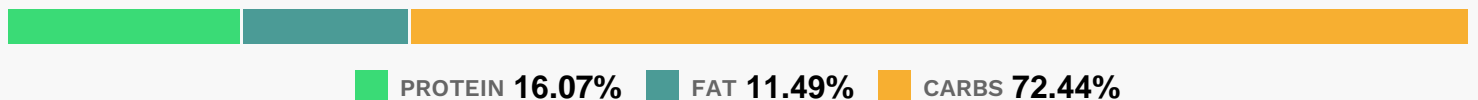
Equipment

- ☐ frying pan
- ☐ pot
- ☐ blender

Directions

- ☐ Add cauliflower florets in a large pot and cover with water. Bring to a low boil. Once boiling, cook for another 3–7 minutes until fork tender.
- ☐ Drain. Meanwhile, add the oil into a skillet and saute the minced garlic over low heat for 4–5 minutes until softened and fragrant, but not browned. In a high speed blender, add the cooked and drained cauliflower, sauteed garlic, milk, nutritional yeast, lemon juice, onion powder, garlic powder, salt, and pepper. Blend until a super smooth sauce forms. If using a Vitamix use the tamper stick as needed. The key here is to get a really smooth sauce so don't be afraid to let it run for a minute or so. Set aside. Bring a large pot of water to a boil.
- ☐ Add your desired amount of pasta and boil for the time instructed on the package.
- ☐ Drain pasta.
- ☐ Add cauliflower sauce into the pot (you can use the same pot!) and add the drained pasta.
- ☐ Heat over low–medium until heated enough to your liking. Salt again to taste (the pasta dilutes the flavour).
- ☐ Serve with fresh minced parsley and black pepper. Feel free to add in your favourite sauteed or roasted vegetables. I think peas, spinach, or broccoli would work very nicely! I added mushrooms, but I wasn't overly crazy about them in this dish.

Nutrition Facts



Properties

Glycemic Index:35.75, Glycemic Load:18.03, Inflammation Score:-6, Nutrition Score:18.643478310626%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 271.62kcal (13.58%), Fat: 3.52g (5.42%), Saturated Fat: 0.57g (3.55%), Carbohydrates: 49.99g (16.66%), Net Carbohydrates: 44.91g (16.33%), Sugar: 3.62g (4.03%), Cholesterol: 0mg (0%), Sodium: 514.76mg (22.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.09g (22.18%), Vitamin K: 83.49µg (79.51%), Vitamin C: 55.03mg (66.71%), Manganese: 1.15mg (57.74%), Selenium: 36.58µg (52.26%), Fiber: 5.08g (20.32%), Folate: 74.49µg (18.62%), Phosphorus: 156.34mg (15.63%), Potassium: 520.58mg (14.87%), Vitamin B6: 0.28mg (13.9%), Magnesium: 49.87mg (12.47%), Copper: 0.22mg (10.83%), Iron: 1.71mg (9.49%), Vitamin B5: 0.94mg (9.41%), Calcium: 83.84mg (8.38%), Vitamin B3: 1.54mg (7.71%), Zinc: 1.15mg (7.67%), Vitamin B1: 0.11mg (7.24%), Vitamin A: 339.07IU (6.78%), Vitamin B2: 0.1mg (5.93%), Vitamin E: 0.5mg (3.33%)