



Cauliflower-Garlic Puree



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



69 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 3 tablespoons butter
- ☐ 5.5 cups cauliflower coarsely chopped (1 small head)
- ☐ 0.5 cup milk fat-free
- ☐ 6 garlic cloves
- ☐ 2 cups d potatoes refrigerated mashed (such as Simply Potatoes)
- ☐ 1 teaspoon salt

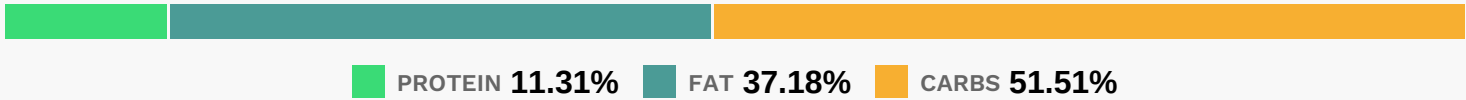
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Heat potatoes according to package directions. Keep warm.
- ☐ Cook cauliflower in boiling water 7 minutes or until tender.
- ☐ Drain.
- ☐ Place fat-free milk, garlic cloves, and bay leaf in a small saucepan; bring to a simmer. Cover and cook over low heat for 10 minutes. Discard bay leaf.
- ☐ Place cauliflower, milk mixture, butter, and salt in a food processor, and process until smooth, scraping sides of the bowl occasionally.
- ☐ Combine mashed potatoes and cauliflower mixture in a large bowl, stirring until well blended.

Nutrition Facts



Properties

Glycemic Index:19.08, Glycemic Load:5.22, Inflammation Score:-3, Nutrition Score:5.5086956723877%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 69.24kcal (3.46%), Fat: 3.01g (4.64%), Saturated Fat: 1.87g (11.71%), Carbohydrates: 9.4g (3.13%), Net Carbohydrates: 7.68g (2.79%), Sugar: 1.68g (1.87%), Cholesterol: 7.83mg (2.61%), Sodium: 236.59mg (10.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.13%), Vitamin C: 29.46mg (35.71%), Vitamin B6: 0.21mg (10.62%), Potassium: 308.38mg (8.81%), Folate: 32.09µg (8.02%), Vitamin K: 8.04µg (7.66%), Manganese: 0.15mg (7.56%), Fiber: 1.72g (6.88%), Phosphorus: 54.18mg (5.42%), Vitamin B5: 0.46mg (4.59%), Magnesium: 16.61mg (4.15%), Vitamin B1: 0.06mg (3.99%), Vitamin B2: 0.05mg (3.23%), Calcium: 31.5mg (3.15%), Vitamin B3: 0.63mg (3.13%), Copper: 0.06mg (3.03%), Iron: 0.5mg (2.76%), Vitamin A: 109.64IU (2.19%), Zinc: 0.29mg (1.95%), Selenium: 0.83µg (1.19%), Vitamin B12: 0.07µg (1.09%)