



## Cauliflower Mash

 Vegetarian  Gluten Free

READY IN



34 min.

SERVINGS



4

CALORIES



112 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon pepper black
- 1 tablespoon butter
- 20 ounce cauliflower florets ( 6 cups)
- 2 tablespoons evaporated milk
- 2 garlic cloves minced
- 2.7 ounces cream cheese light tub-style
- 0.5 teaspoon salt

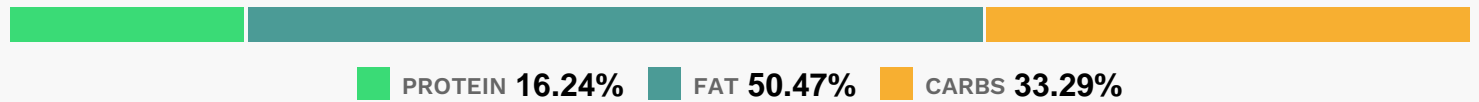
### Equipment

- food processor
- frying pan
- sauce pan
- blender

## Directions

- Place cauliflower in a large saucepan; steam, covered, 20 minutes or until very tender.
- Drain.
- Melt butter in same pan over medium–low heat.
- Add garlic, and cook 2 minutes or until lightly browned. Stir in cauliflower, milk, and remaining ingredients.
- Place cauliflower mixture in a blender or food processor; process until smooth.

## Nutrition Facts



## Properties

Glycemic Index:36, Glycemic Load:1.52, Inflammation Score:-5, Nutrition Score:11.346087069615%

## Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

## Nutrients (% of daily need)

Calories: 111.98kcal (5.6%), Fat: 6.75g (10.38%), Saturated Fat: 4.07g (25.46%), Carbohydrates: 10.01g (3.34%), Net Carbohydrates: 7.08g (2.58%), Sugar: 4.59g (5.1%), Cholesterol: 20.03mg (6.68%), Sodium: 432.67mg (18.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.89g (9.77%), Vitamin C: 68.93mg (83.55%), Vitamin K: 22.91µg (21.82%), Folate: 85.22µg (21.31%), Vitamin B6: 0.29mg (14.63%), Potassium: 504.05mg (14.4%), Manganese: 0.28mg (14%), Fiber: 2.93g (11.72%), Vitamin B5: 1.17mg (11.71%), Phosphorus: 110.21mg (11.02%), Vitamin B2: 0.15mg (8.67%), Calcium: 83.92mg (8.39%), Magnesium: 25.47mg (6.37%), Vitamin B1: 0.09mg (5.7%), Vitamin A: 212.52IU (4.25%), Vitamin B3: 0.77mg (3.86%), Iron: 0.7mg (3.86%), Zinc: 0.57mg (3.83%), Copper: 0.07mg (3.53%), Vitamin B12: 0.19µg (3.23%), Selenium: 2.05µg (2.93%), Vitamin E: 0.26mg (1.75%)