



## Cauliflower Mash with Roasted Garlic

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



104 kcal

SIDE DISH

### Ingredients

- 3 tablespoons butter
- 1 large head cauliflower cut into florets
- 1 head garlic
- 0.5 cup milk 2% (I used )
- 6 servings salt and pepper to taste

### Equipment

- food processor
- baking sheet

- oven
- knife
- pot
- aluminum foil
- steamer basket

## Directions

- This recipe is number twenty-nine in my Thirty for Thanksgiving project where I'm cooking thirty recipes inspired by the November issue of Food Network Magazine. You can find the original and all my other recipes here: <http://sallycooks.com/2013/11/23/cauliflower-mash-with-roasted-garlic/> This one comes from one of my favorite pages in the magazine titled "Mashed Vegetables 10 ways" The pages are filled with brightly colored mashed vegetables including beets, celery root and rutabagas. I've been meaning to try mashed cauliflower after seeing it make the rounds on Pinterest for some time so I gave it a whirl in my food processor (pun intended) and found it to be pretty delicious! It would be a great side dish in place of traditional mashed potatoes this Thanksgiving. I added roasted garlic to the recipe to give the cauliflower mash a richer flavor. It's easy to roast garlic in a few steps. Simply preheat your oven to 400 degrees, peel off the outer layers of the garlic bulb skin, leaving the skins of the individual cloves intact. Using a knife, cut off the top of cloves, exposing the individual cloves of garlic.
- Place garlic on a baking sheet covered with aluminum foil.
- Drizzle a tablespoon or two of olive oil over the garlic, and wrap with aluminum foil.
- Bake at 400 degrees for 30-35 minutes, or until the cloves have softened. Allow the garlic to cool and using a small fork or your fingers to pull or squeeze the roasted garlic cloves out of their skins. You can eat it plain, with bread or crackers or use it in recipes like this one. before after
- What to do: place the florets in a steamer basket in a pot filled with 1-2 inches of boiling water cover and steam until soft, 15-20 minutes puree cauliflower with butter, milk, salt, pepper, and roasted garlic serve warm garnished with butter, chives and sour cream if you like

## Nutrition Facts

 PROTEIN 13.1%  FAT 53.54%  CARBS 33.36%

## Properties

Glycemic Index:25, Glycemic Load:2.13, Inflammation Score:-5, Nutrition Score:11.019130400989%

## 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: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

## Nutrients (% of daily need)

Calories: 104.34kcal (5.22%), Fat: 6.74g (10.37%), Saturated Fat: 4.16g (26.01%), Carbohydrates: 9.46g (3.15%), Net Carbohydrates: 6.56g (2.38%), Sugar: 3.7g (4.11%), Cholesterol: 17.49mg (5.83%), Sodium: 289.32mg (12.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.42%), Vitamin C: 68.94mg (83.56%), Vitamin K: 22.33µg (21.27%), Folate: 80.15µg (20.04%), Vitamin B6: 0.33mg (16.4%), Manganese: 0.3mg (14.82%), Potassium: 469.53mg (13.42%), Fiber: 2.9g (11.59%), Vitamin B5: 1.05mg (10.45%), Phosphorus: 90.96mg (9.1%), Vitamin B2: 0.12mg (7.03%), Calcium: 66.06mg (6.61%), Magnesium: 24.75mg (6.19%), Vitamin B1: 0.09mg (6.07%), Vitamin A: 208.29IU (4.17%), Vitamin B3: 0.77mg (3.83%), Iron: 0.67mg (3.72%), Zinc: 0.52mg (3.48%), Copper: 0.07mg (3.45%), Selenium: 1.96µg (2.8%), Vitamin B12: 0.12µg (2.03%), Vitamin E: 0.29mg (1.92%), Vitamin D: 0.22µg (1.49%)