



Cauliflower Mashed Potatoes



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



74 kcal

SIDE DISH

Ingredients

- ☐ 1 cauliflower whole
- ☐ 0.5 tsp garlic powder
- ☐ 0.3 cup plant-based milk
- ☐ 0.5 tsp onion powder
- ☐ 1 tbsp vegan parmesan
- ☐ 2 tbsp vegan cream cheese

Equipment

- ☐ food processor

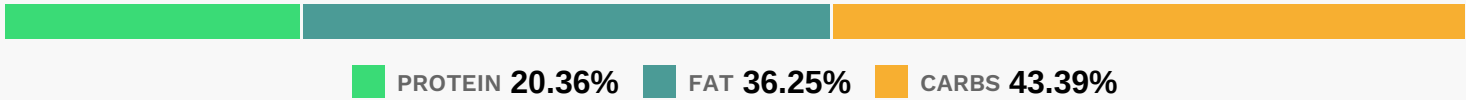
☐ blender

Directions

- ☐ Cut cauliflower into florets and gently steam for 15 minutes or until just fork-tender (but not over cooked).
- ☐ Transfer to a food processor or strong blender with remaining ingredients. Allow motor to run until its smooth and creamy like mashed potatoes, stopping periodically as needed to scrape the sides and break apart large chunks. Also add more non-dairy milk if necessary to get the mixture to fully incorporate (you may need more with a blender than a food processor). Once fully incorporated, smooth and creamy taste; adding more onion or garlic powder as desired plus salt and pepper to taste.

- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ Carbohydrate
- ☐ gDietary Fiber2gSugars3gProtein2g

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:1.66, Inflammation Score:-5, Nutrition Score:10.619130520717%

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 Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 74.04kcal (3.7%), Fat: 3.39g (5.22%), Saturated Fat: 1.4g (8.78%), Carbohydrates: 9.14g (3.05%), Net Carbohydrates: 5.7g (2.07%), Sugar: 3.76g (4.18%), Cholesterol: 2.68mg (0.89%), Sodium: 98.42mg (4.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.58%), Vitamin C: 69.36mg (84.08%), Vitamin K: 22.36µg (21.3%), Folate: 82.4µg (20.6%), Vitamin B6: 0.28mg (14.18%), Fiber: 3.44g (13.77%), Potassium: 461.42mg (13.18%), Manganese: 0.23mg (11.57%), Vitamin B5: 1.03mg (10.26%), Phosphorus: 89.9mg (8.99%), Calcium: 71.48mg (7.15%), Vitamin B2: 0.11mg (6.6%), Magnesium: 24.58mg (6.14%), Vitamin B1: 0.08mg (5.6%), Iron: 0.73mg

(4.08%), Vitamin B3: 0.75mg (3.76%), Zinc: 0.51mg (3.39%), Copper: 0.06mg (3.02%), Selenium: 1.57µg (2.24%),
Vitamin B12: 0.1µg (1.62%), Vitamin D: 0.17µg (1.16%)