



Cheesy Cauliflower Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



9

CALORIES



19 kcal

SAUCE

Ingredients

- 2 cups cauliflower florets
- 0.3 teaspoon ground mustard dry
- 2 cloves garlic powder peeled
- 0.5 tablespoon juice of lemon
- 0.3 cup nutritional yeast
- 1 teaspoon granulated onion
- 1 tablespoon potato flour
- 1 tablespoon miso white

- 9 servings salt to taste
- 0.3 teaspoon paprika smoked
- 0.1 teaspoon turmeric
- 2 cups water

Equipment

- sauce pan
- blender

Directions

- Add the cauliflower, water, onion powder, garlic, paprika, mustard, and turmeric. Cover tightly and reduce the heat to very low. Simmer until the cauliflower is so tender that it easily comes apart when poked with a fork, about 15–20 minutes. Carefully transfer the contents of the saucepan to a blender.
- Add all remaining ingredients. Cover and blend, starting on low and increasing the speed until you're at the highest setting. (Be careful—hot foods can “erupt.”) Blend until you have a completely smooth sauce.
- Pour the sauce back into the saucepan, add salt to taste if you like, and heat until it begins to bubble, stirring occasionally. Allow it to cook and thicken for at least another 2 minutes.
- Serve hot.

Nutrition Facts



PROTEIN 26.86% **FAT 11.26%** **CARBS 61.88%**

Properties

Glycemic Index:13.11, Glycemic Load:0.45, Inflammation Score:-3, Nutrition Score:2.1199999969129%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 19.27kcal (0.96%), Fat: 0.27g (0.41%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 3.29g (1.1%), Net Carbohydrates: 2.3g (0.84%), Sugar: 0.62g (0.69%), Cholesterol: 0mg (0%), Sodium: 274.39mg (11.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.86%), Vitamin C: 11.13mg (13.5%), Fiber: 0.99g (3.97%), Vitamin K: 4.06µg (3.87%), Folate: 13.79µg (3.45%), Potassium: 111.87mg (3.2%), Manganese: 0.06mg (3.18%), Vitamin B6: 0.06mg (2.95%), Phosphorus: 16.69mg (1.67%), Vitamin B5: 0.17mg (1.65%), Magnesium: 6.18mg (1.54%), Iron: 0.28mg (1.54%), Copper: 0.03mg (1.52%), Vitamin B1: 0.02mg (1.19%), Vitamin B2: 0.02mg (1.16%)