



(I Can't Believe It's) Mashed Cauliflower

 **Gluten Free**

READY IN



30 min.

SERVINGS



3

CALORIES



131 kcal

SIDE DISH

Ingredients

- 2 tablespoons canola oil
- 10 ounces cauliflower frozen
- 1 tablespoon parsley fresh chopped
- 2 cloves garlic minced
- 0.5 large onion sliced
- 2 tablespoons nonfat yogurt plain
- 1 teaspoon garlic and herb seasoning blend to taste dash® (such as Mrs.)
- 1 cup water

Equipment

- frying pan
- sauce pan
- blender

Directions

- Bring water to a boil in a saucepan.
- Add cauliflower, reduce heat to medium-low, place a cover on saucepan, and cook cauliflower until tender, about 10 minutes; drain. Set cauliflower aside to cool for about 5 minutes; transfer to a blender.
- Heat oil in a skillet over medium-high heat. Cook and stir onion and garlic in hot oil until tender, 3 to 5 minutes. Set aside to cool for about 5 minutes; add to blender.
- Pour yogurt into blender with cauliflower and onion mixture; blend until smooth. Season with parsley and garlic and herb seasoning to serve.

Nutrition Facts

PROTEIN 9.05% **FAT 62.58%** **CARBS 28.37%**

Properties

Glycemic Index:42, Glycemic Load:1.63, Inflammation Score:-5, Nutrition Score:11.21130436918%

Flavonoids

Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 131.41kcal (6.57%), Fat: 9.74g (14.98%), Saturated Fat: 0.86g (5.4%), Carbohydrates: 9.93g (3.31%), Net Carbohydrates: 6.84g (2.49%), Sugar: 3.99g (4.43%), Cholesterol: 0.27mg (0.09%), Sodium: 45.06mg (1.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.34%), Vitamin C: 49.95mg (60.55%), Vitamin K: 53.54µg (50.99%), Folate: 66.19µg (16.55%), Manganese: 0.3mg (14.85%), Vitamin E: 2.03mg (13.5%), Vitamin B6: 0.25mg (12.7%), Fiber: 3.1g (12.4%), Potassium: 389.16mg (11.12%), Calcium: 87.14mg (8.71%), Vitamin B5: 0.78mg

(7.79%), Phosphorus: 76.03mg (7.6%), Iron: 1.18mg (6.57%), Magnesium: 25.6mg (6.4%), Vitamin B2: 0.11mg (6.28%), Vitamin B1: 0.07mg (4.88%), Copper: 0.08mg (3.98%), Zinc: 0.52mg (3.44%), Vitamin B3: 0.63mg (3.16%), Vitamin A: 141.88IU (2.84%), Selenium: 1.53µg (2.19%), Vitamin B12: 0.08µg (1.36%)