



Mashed Cauliflower

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



215 kcal

SIDE DISH

Ingredients

- 1 large head cauliflower separated cored trimmed
- 2 cups chicken broth
- 0.8 cup gruyere cheese shredded
- 2 tablespoons cup heavy whipping cream
- 1 dash nutmeg
- 0.3 cup parmesan cheese grated
- 6 servings bell pepper
- 6 servings bell pepper

- 6 servings salt
- 2 tablespoons butter unsalted

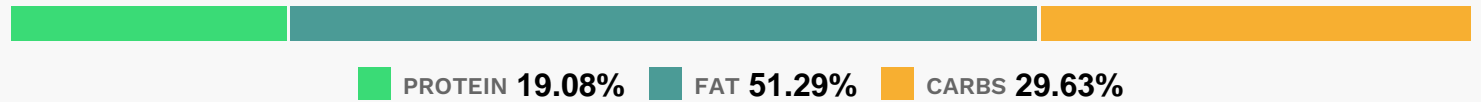
Equipment

- pot
- hand mixer

Directions

- Wash and cut cauliflower into small pieces. Cover cauliflower in a pot with chicken broth. Boil until tender.
- Drain very well.
- Add butter, cream, cheeses, salt and pepper to taste, and nutmeg.
- Mix with electric hand mixer.

Nutrition Facts



Properties

Glycemic Index: 27.67, Glycemic Load: 3.24, Inflammation Score: -9, Nutrition Score: 23.715652173913%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Taste

Sweetness: 77.89%, Saltiness: 100%, Sourness: 52.98%, Bitterness: 92.3%, Savoriness: 40.89%, Fattiness: 76.46%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 215.46kcal (10.77%), Fat: 13.15g (20.23%), Saturated Fat: 7.63g (47.72%), Carbohydrates: 17.09g (5.7%), Net Carbohydrates: 11.13g (4.05%), Sugar: 9.53g (10.59%), Cholesterol: 39.03mg (13.01%), Sodium: 724.98mg (31.52%), Protein: 11.01g (22.01%), Vitamin C: 258.24mg (313.01%), Vitamin A: 5049.51IU (100.99%), Folate: 150.71µg (37.68%), Vitamin B6: 0.71mg (35.5%), Vitamin K: 30µg (28.58%), Calcium: 252.69mg (25.27%), Fiber: 5.96g

(23.85%), Phosphorus: 234.09mg (23.41%), Potassium: 774.62mg (22.13%), Manganese: 0.43mg (21.59%), Vitamin B2: 0.33mg (19.32%), Vitamin E: 2.72mg (18.13%), Vitamin B5: 1.54mg (15.37%), Vitamin B1: 0.18mg (11.98%), Magnesium: 47.82mg (11.95%), Vitamin B3: 2.37mg (11.84%), Zinc: 1.65mg (11%), Selenium: 5.35µg (7.65%), Iron: 1.34mg (7.46%), Vitamin B12: 0.35µg (5.86%), Copper: 0.1mg (5.09%), Vitamin D: 0.27µg (1.8%)