

Mashed Cauliflower

 Vegetarian

READY IN



55 min.

SERVINGS



4

CALORIES



277 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 head cauliflower cut into florets
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 1 cup italian-seasoned bread crumbs
- ☐ 0.5 cup milk
- ☐ 0.5 cup cup heavy whipping cream sour

Equipment

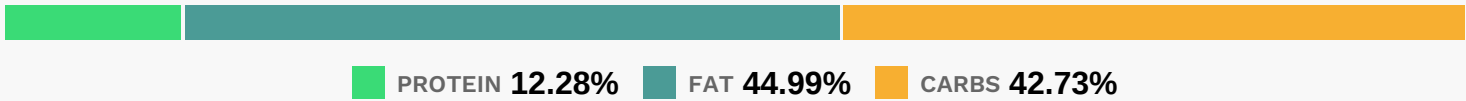
- ☐ oven

- ☐ pot
- ☐ baking pan
- ☐ immersion blender

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C).
- ☐ Bring a large pot of water to a boil. Cook cauliflower in the boiling water until tender, about 10 minutes; drain and set aside.
- ☐ Melt butter in the same pot over medium heat. Stir cauliflower, milk, and sour cream into melted butter.
- ☐ Mash cauliflower in the pot using a hand blender until creamy.
- ☐ Transfer cauliflower mixture to a baking dish; evenly cover with bread crumbs and season with salt and black pepper.
- ☐ Baking in the preheated oven until bread crumbs are lightly browned, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:1.92, Inflammation Score:-7, Nutrition Score:17.497825964637%

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: 276.5kcal (13.83%), Fat: 14.28g (21.97%), Saturated Fat: 7.67g (47.97%), Carbohydrates: 30.51g (10.17%), Net Carbohydrates: 26.14g (9.51%), Sugar: 6.92g (7.69%), Cholesterol: 35.97mg (11.99%), Sodium: 509.46mg (22.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.77g (17.54%), Vitamin C: 70.36mg (85.28%), Vitamin K: 37.26µg (35.48%), Folate: 119.59µg (29.9%), Manganese: 0.54mg (26.76%), Vitamin B1: 0.38mg (25.56%), Vitamin B2: 0.3mg (17.86%), Fiber: 4.37g (17.48%), Vitamin B6: 0.35mg (17.33%), Phosphorus: 170.84mg (17.08%), Potassium: 583.81mg (16.68%), Calcium: 154.9mg (15.49%), Selenium: 9.99µg (14.27%), Vitamin B5: 1.37mg (13.65%), Vitamin B3: 2.64mg (13.2%), Iron: 2.11mg (11.73%), Magnesium: 42.21mg (10.55%), Vitamin A: 461.9IU (9.24%), Zinc: 1.04mg (6.96%), Copper: 0.14mg (6.8%), Vitamin B12: 0.34µg (5.7%), Vitamin E: 0.48mg (3.21%), Vitamin D: 0.34µg (2.24%)