




 **64%**  
HEALTH SCORE

# Mashed Cauliflower and Carrots


 Vegetarian  Gluten Free  Very Healthy

READY IN




**20 min.**

SERVINGS



**6**

CALORIES



**82 kcal**

SIDE DISH

## Ingredients

- 0.3 cup apple cider vinegar
- 16 ounce carrots frozen
- 16 ounce cauliflower frozen
- 1 teaspoon garlic powder
- 6 servings salt and ground pepper black to taste
- 8 ounce cup heavy whipping cream fat-free sour

## Equipment

- food processor

bowl

pot

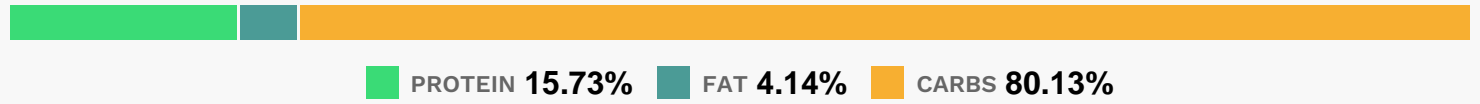
## Directions

Place cauliflower and carrots in a large pot of lightly salted water; bring to a boil until vegetables are soft, 10 to 15 minutes.

Drain and transfer vegetables to a large bowl.

Mash sour cream, vinegar, garlic powder, salt, black pepper, and butter into cauliflower and carrots by hand or using a food processor, until desired consistency.

## Nutrition Facts



## Properties

Glycemic Index:25.97, Glycemic Load:3.18, Inflammation Score:-10, Nutrition Score:13.761739217717%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

## Nutrients (% of daily need)

Calories: 81.86kcal (4.09%), Fat: 0.4g (0.62%), Saturated Fat: 0.13g (0.78%), Carbohydrates: 17.42g (5.81%), Net Carbohydrates: 13.72g (4.99%), Sugar: 5.23g (5.81%), Cholesterol: 3.4mg (1.13%), Sodium: 128.96mg (5.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.84%), Vitamin A: 12726.46IU (254.53%), Vitamin C: 40.9mg (49.58%), Vitamin K: 21.86µg (20.82%), Folate: 61.87µg (15.47%), Potassium: 531.28mg (15.18%), Fiber: 3.7g (14.8%), Manganese: 0.27mg (13.39%), Vitamin B6: 0.26mg (12.98%), Phosphorus: 98.66mg (9.87%), Calcium: 90.36mg (9.04%), Vitamin B2: 0.15mg (8.63%), Vitamin B5: 0.72mg (7.16%), Vitamin B1: 0.11mg (7.01%), Magnesium: 25.25mg (6.31%), Vitamin B3: 1.16mg (5.79%), Zinc: 0.59mg (3.96%), Selenium: 2.67µg (3.81%), Vitamin E: 0.56mg (3.76%), Copper: 0.07mg (3.72%), Iron: 0.6mg (3.35%), Vitamin B12: 0.11µg (1.89%)