



Mashed Cauliflower Bake

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



109 kcal

SIDE DISH

Ingredients

- 1 head cauliflower coarsely chopped
- 4 ounce cream cheese softened
- 0.5 teaspoon garlic powder
- 6 servings salt and ground pepper black to taste
- 0.3 cup parmesan cheese grated

Equipment

- bowl
- sauce pan

- oven
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil.
- Add cauliflower, cover, and steam until tender, 5 to 10 minutes.
- Transfer cauliflower to a bowl.
- Mash cauliflower with cream cheese until smooth; stir in Parmesan cheese, garlic powder, salt, and black pepper. Spoon mixture into a 1-quart casserole dish; top with Cheddar cheese.
- Bake in the preheated oven until bubbling and Cheddar cheese is melted, 10 to 15 minutes.

Nutrition Facts

PROTEIN 14.93% **FAT 62.21%** **CARBS 22.86%**

Properties

Glycemic Index:16, Glycemic Load:1.21, Inflammation Score:-5, Nutrition Score:8.0504348595505%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 108.73kcal (5.44%), Fat: 7.94g (12.22%), Saturated Fat: 4.59g (28.69%), Carbohydrates: 6.57g (2.19%), Net Carbohydrates: 4.6g (1.67%), Sugar: 2.55g (2.83%), Cholesterol: 22.71mg (7.57%), Sodium: 161.18mg (7.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.57%), Vitamin C: 46.19mg (55.99%), Vitamin K: 15.49µg (14.75%), Folate: 56.71µg (14.18%), Vitamin B6: 0.19mg (9.74%), Potassium: 323.47mg (9.24%), Phosphorus: 90mg (9%), Manganese: 0.17mg (8.47%), Fiber: 1.96g (7.86%), Calcium: 76.89mg (7.69%), Vitamin B5: 0.76mg (7.64%), Vitamin B2: 0.12mg (6.82%), Vitamin A: 290.41IU (5.81%), Selenium: 3.72µg (5.32%), Magnesium: 17.9mg (4.47%), Vitamin B1: 0.05mg (3.64%), Zinc: 0.54mg (3.62%), Iron: 0.47mg (2.59%), Vitamin B3: 0.51mg (2.55%), Copper: 0.05mg (2.26%), Vitamin E: 0.26mg (1.75%), Vitamin B12: 0.1µg (1.63%)