



Mashed Cauliflower (Mashed Potatoes Replacement)

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



183 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds cauliflower cut into 1-inch pieces
- ☐ 0.3 cup heavy cream
- ☐ 0.3 cup cream cheese reduced-fat
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 1 teaspoon sea salt
- ☐ 0.3 cup butter unsalted

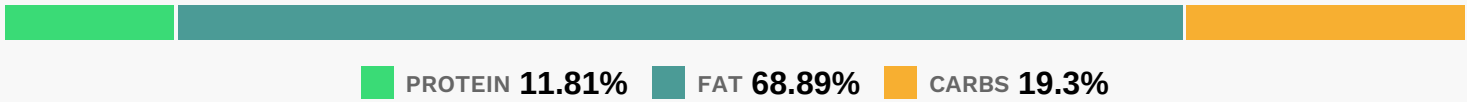
Equipment

- ☐ pot
- ☐ blender
- ☐ colander

Directions

- ☐ Bring a pot of water to a boil.
- ☐ Add cauliflower and reduce heat to medium. Cook cauliflower until very tender, about 10 minutes; drain, shaking the colander to remove as much water as possible.
- ☐ Blend drained cauliflower and cream in a blender until smooth; transfer to a pot over low heat.
- ☐ Stir Parmesan cheese, butter, cream cheese, and sea salt through the blended cauliflower; cook and stir until hot, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:1.44, Inflammation Score:-6, Nutrition Score:12.29043502393%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 182.82kcal (9.14%), Fat: 14.76g (22.71%), Saturated Fat: 9.11g (56.92%), Carbohydrates: 9.3g (3.1%), Net Carbohydrates: 6.28g (2.28%), Sugar: 3.77g (4.19%), Cholesterol: 41.77mg (13.92%), Sodium: 569.78mg (24.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.69g (11.39%), Vitamin C: 72.94mg (88.41%), Vitamin K: 24.62µg (23.45%), Folate: 89.1µg (22.27%), Vitamin B6: 0.29mg (14.55%), Potassium: 498.77mg (14.25%), Phosphorus: 124.97mg (12.5%), Fiber: 3.02g (12.1%), Manganese: 0.24mg (12.08%), Vitamin B5: 1.15mg (11.47%), Calcium: 106.23mg (10.62%), Vitamin A: 485.39IU (9.71%), Vitamin B2: 0.15mg (8.84%), Magnesium: 26.32mg (6.58%), Vitamin B1: 0.08mg (5.57%), Selenium: 3.64µg (5.21%), Zinc: 0.74mg (4.93%), Vitamin B3: 0.79mg (3.97%), Iron: 0.69mg (3.85%), Copper: 0.07mg (3.36%), Vitamin B12: 0.2µg (3.32%), Vitamin E: 0.49mg (3.25%), Vitamin D: 0.36µg (2.39%)