



Miracle Mashies

 Gluten Free

READY IN



35 min.

SERVINGS



5

CALORIES



87 kcal

SIDE DISH

Ingredients

- ☐ 3 cups cauliflower florets
- ☐ 3 tablespoons half-and-half fat-free
- ☐ 0.5 teaspoon garlic crushed
- ☐ 1 tablespoon buttery spread light
- ☐ 13 ounces potatoes
- ☐ 5 servings salt and pepper black freshly ground

Equipment

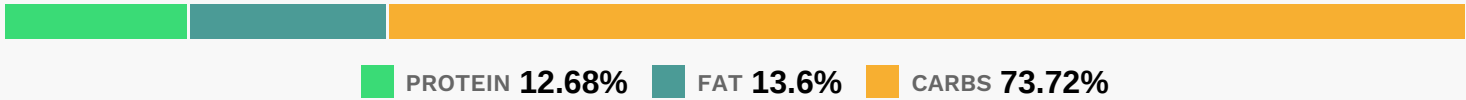
- ☐ bowl

- ☐ pot
- ☐ potato masher

Directions

- ☐ Watch how to make this recipe.
- ☐ Bring a large pot of water to a boil. Meanwhile, peel and cube the potato.
- ☐ Once boiling, add potato and cauliflower to the pot of water. Allow water to return to a boil, and then reduce heat to medium. Simmer until very tender, 15 to 20 minutes.
- ☐ Remove from heat and drain.
- ☐ Transfer contents to a large bowl.
- ☐ Add half-and-half, butter, 1/4 teaspoon salt, and crushed garlic, if using. Mash it all together with a potato masher, until completely blended.
- ☐ Season with salt and pepper. Enjoy!

Nutrition Facts



Properties

Glycemic Index:35.55, Glycemic Load:10.04, Inflammation Score:-4, Nutrition Score:8.3978260289068%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 87.2kcal (4.36%), Fat: 1.38g (2.13%), Saturated Fat: 0.46g (2.86%), Carbohydrates: 16.89g (5.63%), Net Carbohydrates: 14.03g (5.1%), Sugar: 2.17g (2.42%), Cholesterol: 0.45mg (0.15%), Sodium: 47.73mg (2.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.81%), Vitamin C: 43.6mg (52.85%), Vitamin B6: 0.34mg (16.87%), Potassium: 511.68mg (14.62%), Vitamin K: 12.2µg (11.62%), Folate: 46.38µg (11.59%), Fiber: 2.85g (11.41%), Manganese: 0.22mg (11.19%), Phosphorus: 82.65mg (8.26%), Magnesium: 27.67mg (6.92%), Vitamin B5: 0.66mg (6.63%), Vitamin B1: 0.09mg (6.31%), Vitamin B3: 1.1mg (5.48%), Copper: 0.11mg (5.33%), Vitamin B2: 0.08mg (4.79%), Iron: 0.84mg (4.68%), Vitamin E: 0.5mg (3.34%), Calcium: 31.76mg (3.18%), Zinc: 0.45mg (3.02%), Vitamin A: 150.43IU (3.01%), Selenium: 0.89µg (1.27%)