



Roasted Garlic Cauliflower Mash



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



102 kcal

SIDE DISH

Ingredients

- ☐ 1 large head cauliflower coarsely chopped
- ☐ 1 teaspoon parsley dried
- ☐ 6 cloves garlic crushed
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 teaspoon kosher salt
- ☐ 3 tablespoons olive oil

Equipment

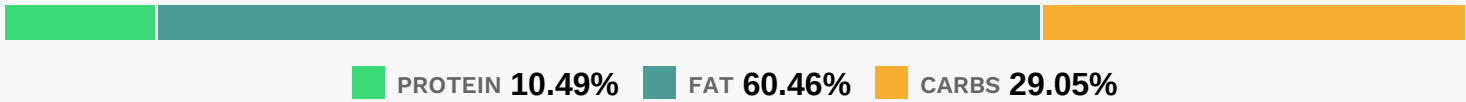
- ☐ bowl

- ☐ sauce pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place garlic in a casserole dish and drizzle with olive oil.
- ☐ Roast garlic in the preheated oven until tender and fragrant, about 15 minutes.
- ☐ 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, about 10 minutes.
- ☐ Mash cauliflower and roasted garlic with olive oil together in a bowl. Stir salt, parsley, and pepper into mashed cauliflower until completely incorporated.
- ☐ Spread cauliflower mixture into casserole dish.
- ☐ Bake mashed cauliflower in the preheated oven until hot and flavors blend, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:1.62, Inflammation Score:-5, Nutrition Score:10.39913030892%

Flavonoids

Apigenin: 0.8mg, Apigenin: 0.8mg, Apigenin: 0.8mg, Apigenin: 0.8mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 101.61kcal (5.08%), Fat: 7.41g (11.4%), Saturated Fat: 1.15g (7.2%), Carbohydrates: 8.01g (2.67%), Net Carbohydrates: 5.12g (1.86%), Sugar: 2.71g (3.01%), Cholesterol: 0mg (0%), Sodium: 430.32mg (18.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.78%), Vitamin C: 68.44mg (82.95%), Vitamin K: 26.33µg (25.07%), Folate: 79.93µg (19.98%), Vitamin B6: 0.3mg (14.76%), Manganese: 0.28mg (14.02%), Potassium: 432.33mg

(12.35%), Fiber: 2.89g (11.55%), Vitamin B5: 0.95mg (9.53%), Vitamin E: 1.12mg (7.5%), Phosphorus: 66.39mg (6.64%), Magnesium: 21.97mg (5.49%), Vitamin B2: 0.09mg (5.17%), Vitamin B1: 0.08mg (5.07%), Iron: 0.69mg (3.85%), Calcium: 37.1mg (3.71%), Vitamin B3: 0.73mg (3.67%), Copper: 0.07mg (3.26%), Zinc: 0.42mg (2.77%), Selenium: 1.27µg (1.82%)