



Smashed Cauliflower

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



140 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1 large head cauliflower cut into florets
- ☐ 1 cup vermont cheddar cheese shredded white
- ☐ 3 cups chicken broth
- ☐ 0.3 cup parmesan cheese grated
- ☐ 8 servings salt and pepper to taste

Equipment

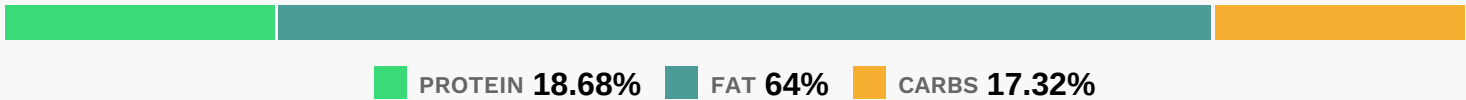
- ☐ sauce pan

☐ potato masher

Directions

- ☐ Bring cauliflower and chicken broth to a boil in a large saucepan over high heat. Reduce heat to medium, cover, and simmer for 10 minutes. Uncover the saucepan and increase heat to medium-high. Allow cauliflower to simmer until soft and the cooking liquid has reduced by half, about 10 minutes.
- ☐ Remove cauliflower from the heat, and add the butter, Cheddar cheese, and Parmesan cheese. Mash with a potato masher until the cheeses have melted and the cauliflower is smooth, then season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:1.09, Inflammation Score:-5, Nutrition Score:9.950869464356%

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: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 139.97kcal (7%), Fat: 10.41g (16.02%), Saturated Fat: 6.04g (37.77%), Carbohydrates: 6.34g (2.11%), Net Carbohydrates: 4.24g (1.54%), Sugar: 2.44g (2.71%), Cholesterol: 29.89mg (9.96%), Sodium: 733.06mg (31.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.84g (13.68%), Vitamin C: 50.61mg (61.35%), Vitamin K: 17.03µg (16.22%), Folate: 63.16µg (15.79%), Calcium: 155.49mg (15.55%), Phosphorus: 135.49mg (13.55%), Vitamin B2: 0.19mg (11.17%), Manganese: 0.21mg (10.39%), Vitamin B6: 0.21mg (10.28%), Potassium: 347.74mg (9.94%), Selenium: 6.13µg (8.75%), Fiber: 2.1g (8.4%), Vitamin B5: 0.78mg (7.83%), Zinc: 1mg (6.69%), Vitamin A: 301.52IU (6.03%), Magnesium: 21.65mg (5.41%), Vitamin B1: 0.08mg (5.08%), Vitamin B3: 0.74mg (3.69%), Vitamin B12: 0.22µg (3.64%), Copper: 0.06mg (3.01%), Iron: 0.54mg (3.01%), Vitamin E: 0.36mg (2.42%)