



Spicy, Smoky Cauliflower Mash

 Vegetarian  Gluten Free

READY IN



27 min.

SERVINGS



6

CALORIES



100 kcal

SIDE DISH

Ingredients

- 1 teaspoons chiles in adobo sauce to taste
- 4 cups cauliflower florets (1 large head)
- 6 servings cilantro leaves fresh chopped for garnish
- 1 tablespoon juice of lime ()
- 0.5 cup milk
- 1 cup mozzarella cheese grated
- 6 servings salt and pepper black freshly ground
- 3 tablespoons cup heavy whipping cream sour

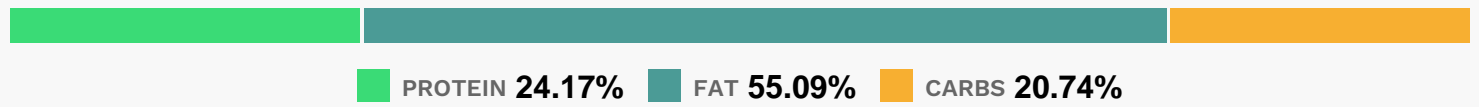
Equipment

- bowl
- blender

Directions

- Steam the cauliflower in a steamer insert set over boiling water, covered, until it is very soft, 15 to 20 minutes.
- Transfer the steamed cauliflower to a blender and puree with the cheese, milk, sour cream and lime juice until smooth, scraping down the sides of the blender jar as necessary.
- Add the adobo sauce and salt and pepper to taste, pulse a couple more times and transfer to a serving bowl.
- Sprinkle with cilantro and serve.

Nutrition Facts



Properties

Glycemic Index:26.83, Glycemic Load:1.12, Inflammation Score:-4, Nutrition Score:7.3343478648559%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 99.9kcal (5%), Fat: 6.35g (9.77%), Saturated Fat: 3.55g (22.2%), Carbohydrates: 5.38g (1.79%), Net Carbohydrates: 4g (1.45%), Sugar: 2.71g (3.01%), Cholesterol: 20.73mg (6.91%), Sodium: 289.68mg (12.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.27g (12.54%), Vitamin C: 33.01mg (40.02%), Calcium: 141.89mg (14.19%), Phosphorus: 121.38mg (12.14%), Vitamin K: 11.47µg (10.92%), Folate: 40.07µg (10.02%), Vitamin B12: 0.55µg (9.13%), Vitamin B2: 0.13mg (7.76%), Potassium: 257.85mg (7.37%), Vitamin B6: 0.15mg (7.29%), Manganese: 0.12mg (6.2%), Selenium: 4.22µg (6.02%), Vitamin B5: 0.57mg (5.72%), Zinc: 0.83mg (5.56%), Fiber:

1.38g (5.53%), Magnesium: 17.36mg (4.34%), Vitamin A: 206.88IU (4.14%), Vitamin B1: 0.05mg (3.51%), Iron: 0.41mg (2.26%), Vitamin D: 0.3µg (1.99%), Vitamin B3: 0.39mg (1.97%), Copper: 0.03mg (1.59%), Vitamin E: 0.15mg (1.02%)