

Cauliflower Garlic Mash

🕒 15 min 🍽️ 4 servings

146 Kcal / serving

3g Protein 13g Fat 8g Carbs

Ingredients

- Cauliflower, 1 head (576 g)
- Salted Butter, 4 tablespoon (60 g)
- Table salt, 1 teaspoon (5 g)
- Garlic Powder, 1 tsp (3.1 g)



Instructions

1. Break up cauliflower into smaller segments and steam until tender.
2. Place into a food processor with butter, garlic and process until smooth.
3. Season with salt to taste.
4. Serve with you favourite meat or fish.

Comments

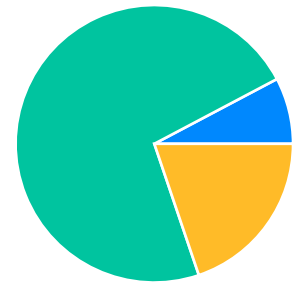
Keto, Vegetarian, Vegan, Gluten Free, Low Dairy.

Great swap for potato mash!

Macronutrient summary

| | TOTAL | /100 G | /SERVING |
|---------------|-------|--------|----------|
| Energy [kcal] | 584.5 | 90.7 | 145.1 |

| | | | |
|---------------|------|-----|------|
| Protein [g] | 12.1 | 1.9 | 3 |
| Fat [g] | 50.3 | 7.8 | 12.6 |
| Carbs [g] | 30.9 | 4.8 | 7.7 |
| Fiber [g] | 11.8 | 1.8 | 3 |
| Net Carbs [g] | 19.1 | 3 | 4.8 |



Protein Fat Carbs

Micronutrient summary

| | TOTAL | /100 G | /SERVING |
|---------------------|--------|--------|----------|
| Calcium, Ca [mg] | 144.8 | 22.5 | 35.2 |
| Iron, Fe [mg] | 2.6 | 0.4 | 0.7 |
| Magnesium, Mg [mg] | 90 | 14 | 22.5 |
| Phosphorus, P [mg] | 280.7 | 43.6 | 70.2 |
| Potassium, K [mg] | 1774 | 275.4 | 443.5 |
| Sodium, Na [mg] | 2498.4 | 387.9 | 624.6 |
| Zinc, Zn [mg] | 1.7 | 0.3 | 0.4 |
| Vitamin A, RAE [ug] | 410.4 | 63.7 | 102.6 |
| Vitamin E [mg] | 1.9 | 0.3 | 0.5 |
| Vitamin D [ug] | 0 | 0 | 0 |
| Vitamin C [mg] | 277.7 | 43.1 | 69.4 |
| Thiamin [mg] | 0.3 | 0 | 0.1 |
| Riboflavin [mg] | 0.4 | 0.1 | 0.1 |
| Niacin [mg] | 3 | 0.5 | 0.8 |
| Vitamin B6 [mg] | 1.1 | 0.2 | 0.3 |
| Vitamin B12 [ug] | 0.1 | 0 | 0 |
| Vitamin K [ug] | 93.5 | 14.5 | 23.4 |