

Creamy Mashed Cauliflower

Ingredients:

8 cups bite-size cauliflower florets (about 1 head)
4 garlic cloves, crushed and peeled
1/3 cup nonfat buttermilk
4 teaspoons extra virgin olive oil, divided
1 teaspoon butter
1/2 teaspoon kosher salt
Ground pepper to taste

Directions:

1. Place cauliflower florets and garlic in a steamer basket over boiling water, cover and steam until very tender, 12–15 minutes.
2. Place the cooked cauliflower and garlic in a food processor. Add buttermilk, 2 teaspoons oil, butter, salt and pepper; pulse several times, then process until smooth and creamy. Transfer to a serving bowl. Drizzle with the remaining of 2 teaspoons oil. Serve hot.

Nutrition Facts

Serving Size 3/4 cup (244g)
Servings Per Container 4

Amount Per Serving

Calories 120 **Calories from Fat 60**

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 330mg **14%**

Total Carbohydrate 13g **4%**

Dietary Fiber 4g **16%**

Sugars 5g

Protein 5g

Vitamin A 0% • Vitamin C 170%

Calcium 8% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

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Source: eatingwell.com

