



Mashed Cauliflower

U.S.

1 small head	Cauliflower, rough chopped
1/4 tsp	Salt, Kosher
To taste	Black Pepper, ground
2 Tbsp	Milk
2 Tbsp	Butter, unsalted

Metric

1 each
1.5 g
To taste
30 mL
28.3 g

Preparation:

1. Gather all ingredients and equipment.
2. Bring a pot of water to a boil. Once boiling, add the cauliflower. Cook until fork tender.
3. Drain the cauliflower and transfer to food processor or blender. Puree cauliflower until smooth.
4. Add the butter, milk, and seasonings and blend. If cauliflower is too thick, add milk in small amounts. Puree until it reaches a light and smooth consistency.
5. Serve hot and enjoy!

Nutrition Facts

4 Servings

Serving size 1/2 cup

Amount per serving

Calories 90

Calories from Fat 50

Total Fat 6 g

Saturated Fat 3.5 g

Trans Fat 0 g

Monounsaturated Fat 1.5 g

Cholesterol 15 mg

Sodium 120 mg

Total Carbohydrate 8 g

Dietary Fiber 3 g

Total Sugars 3 g

Includes 0g Added Sugars

Protein 3 g

Vitamin D 0 %

Calcium 0 %

Iron 0 %

Potassium 15 mg

Phosphorus 10 mg
