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Cheesy Cauliflower Puree ♦♦

Cheesy Cauliflower Puree is a delicious and healthy alternative to mashed potatoes. It is made by blending steamed cauliflower with cheese, garlic, and spices. This creamy and flavorful dish is perfect as a side dish or a main course for vegetarians.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

600 g	cauliflower
100 g	cheddar cheese
2 cloves	garlic
30 g	butter
1 teaspoon	Salt

0.5 Black pepper
teaspoon

Directions

Step 1

Steaming

Cut the cauliflower into florets and steam until tender.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Blending

In a blender or food processor, combine the steamed cauliflower, cheddar cheese, garlic, butter, salt, and black pepper. Blend until smooth and creamy.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Transfer the puree to a serving dish and garnish with additional cheese and black pepper, if desired.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 10 g

Protein: 6 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	7 g	31.82%	41.18%
Fat	10 g	35.71%	40%
Cholesterol	25 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	70 mg	77.78%	93.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	15 mg	1.5%	1.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	4 mg	50%	22.22%
Potassium	15 mg	0.44%	0.58%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Picnic

Course

Salads Snacks

Cultural

Chinese New Year

Diet

Atkins Diet Vegetarian Diet Pescatarian Diet Lacto-Vegetarian Diet
 Lacto-Ovo Vegetarian Diet Low Glycemic Index Diet Low Sodium Diet
 The Fast Metabolism Diet Nutrient Timing Diet The Gerson Therapy
 The Beverly Hills Diet The Lemonade Diet The F-Plan Diet

Meal Type

Lunch Snack Supper

Difficulty Level

Medium

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