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## Mashed Cheesy Cauliflower ♦♦

Mashed Cheesy Cauliflower is a delicious and healthy alternative to traditional mashed potatoes. It is made with cauliflower, cheese, and seasonings, resulting in a creamy and flavorful side dish. This recipe is vegetarian-friendly.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>750 g</b>	cauliflower
<b>200 g</b>	cheddar cheese
<b>50 g</b>	butter
<b>1 tsp</b>	Garlic powder
<b>1 tsp</b>	Salt

0.5 tsp Black pepper

## Directions

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### Step 1

#### Cutting

Cut the cauliflower into florets.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

#### Steaming

Steam the cauliflower until tender.

**Prep Time:** 10 mins

**Cook Time:** 10 mins

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### Step 3

#### Blending

Transfer the steamed cauliflower to a food processor.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

Blending

Add the cheddar cheese, butter, garlic powder, salt, and black pepper to the food processor.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 5

Blending

Blend until smooth and creamy.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 6

Serving

Serve hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 150 kcal

**Fat:** 12 g

**Protein:** 8 g

**Carbohydrates:** 6 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	6 g	10.91%	12%
Fibers	3 g	7.89%	12%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	12 g	42.86%	48%
Cholesterol	30 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	60 mg	66.67%	80%
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	20 mg	2%	2%
Iron	4 mg	50%	22.22%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Seasonality

Spring Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary  
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Medium

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