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Cauliflower Sour Cream Mash ♦

Cauliflower Sour Cream Mash is a creamy and delicious side dish made with cauliflower, sour cream, and seasonings. It is a vegetarian recipe that is perfect for serving with roasted meats or as a main dish for a vegetarian meal. The cauliflower is cooked until tender and then mashed with sour cream, butter, and garlic for a smooth and flavorful mash. It is a healthier alternative to traditional mashed potatoes and is packed with vitamins and nutrients.

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

500 g	cauliflower
100 g	sour cream
50 g	butter

2 cloves	garlic
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1 tsp	Salt
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0.5 tsp	Pepper
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Directions

Step 1

Cutting

Cut the cauliflower into florets.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Boiling

Boil the cauliflower florets in salted water until tender.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Drain the cauliflower and transfer it to a mixing bowl.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Add the sour cream, butter, garlic, salt, and pepper to the bowl.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Mashing

Mash the cauliflower mixture until smooth and creamy.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Serving

Serve the Cauliflower Sour Cream Mash hot as a side dish or main course.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 5 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	4 g	10.53%	16%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	10 g	35.71%	40%
Cholesterol	25 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	8 mg	0.8%	0.8%
Iron	6 mg	75%	33.33%

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

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

Raw Food Diet

Lacto-Ovo Vegetarian Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

Course

Desserts

Salads

Snacks

Sauces & Dressings

Demographics

Allergy Friendly

Heart Healthy

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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