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Mock Garlic Mashed Potatoes ♦

Mock Garlic Mashed Potatoes is a delicious and creamy side dish that pairs well with any main course. It is made with cauliflower instead of potatoes, making it a healthier alternative. The cauliflower is cooked until tender and then mashed with garlic, butter, and cream. The result is a flavorful and satisfying dish that is perfect for any occasion.

Recipe Type: Standard

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

| | |
|---------------------|-------------|
| 500 g | cauliflower |
| 2 cloves | garlic |
| 2 tbsp | butter |
| 2 tbsp | heavy cream |

| | |
|---------|--------------|
| 1 tsp | Salt |
| 0.5 tsp | Black pepper |

Directions

Step 1

Steaming

Cut the cauliflower into florets and steam until tender.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Mashing

In a large bowl, mash the cooked cauliflower with a fork or potato masher.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Cooking

In a small saucepan, melt the butter over low heat. Add the minced garlic and cook for 1-2 minutes until fragrant.

Prep Time: 2 mins

Cook Time: 2 mins

Step 4

Mixing

Pour the melted butter and garlic mixture over the mashed cauliflower. Add the heavy cream, salt, and black pepper. Mix well to combine.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Serving

Serve the mock garlic mashed potatoes hot as a side dish with your favorite main course.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 8 g

Protein: 4 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 4 g | 23.53% | 23.53% |

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 | 1 g | N/A | N/A |
| Saturated Fat | 4 g | 18.18% | 23.53% |
| Fat | 8 g | 28.57% | 32% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Cholesterol | 20 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin A | 2 iu | 0.22% | 0.29% |
| Vitamin C | 70 mg | 77.78% | 93.33% |
| Vitamin B6 | 10 mg | 769.23% | 769.23% |
| Vitamin B12 | 2 mcg | 83.33% | 83.33% |
| 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 | 6 mg | 0.6% | 0.6% |
| Iron | 4 mg | 50% | 22.22% |
| Potassium | 8 mg | 0.24% | 0.31% |
| Zinc | 2 mg | 18.18% | 25% |
| Selenium | 2 mcg | 3.64% | 3.64% |

Recipe Attributes

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

Game Day

Cuisines

Italian

Chinese

Meal Type

Lunch

Dinner

Snack

Supper

Difficulty Level

Easy

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