AMERICAN · SIDE

Garlic and Herb Mashed Cauliflower

20 min · Serves 4 · 67 kcal a serve · Video 4:14 · Downshiftology

Vegan · Paleo · Gluten-free ingredients · No nuts listed

Under 5 g net carbs and 67 kcal a serve: steamed cauliflower mashed with garlic-infused olive oil and fresh herbs instead of butter and cream. For DASH, keep the salt to a pinch a serve.

Diet notes: Low carb (4.7 g net carbs) but not keto: 51% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (0.6 g, 8% of the energy); DASH-friendly with less salt: up to a pinch a serve.

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Ingredients 5 · SERVES 4

- [ ] 1 head of **cauliflower**, cut into even florets
- [ ] 1 tbsp extra **virgin olive oil**
- [ ] 2 **garlic** cloves, minced
- [ ] 1–2 tsp finely chopped **fresh herbs** (thyme, rosemary, sage, parsley or chives)
- [ ] **Salt**: kosher salt and freshly ground black pepper, to taste

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Quarter the cauliflower, cut out the stem at an angle and pop off the florets. Cut them to an even size and rinse. 1:01
2. Bring about 2½ cm of water to a boil in a pot fitted with a steamer insert, add the cauliflower, cover and steam 6–8 minutes, until tender but not mushy. Chop the herbs. 1:47
3. Warm 1 tbsp olive oil in a small pan, mince in the garlic and stir about 30 seconds, then take it off the heat. 2:37
4. Drain the cauliflower, add the garlic oil and herbs and mash with a potato masher (or a stick blender for a smoother mash). Season with salt and pepper. 2:50

> **Tip** Steam rather than boil, and stop while it still has a little bite, so the mash isn't watery.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
67 kcal 280 kJ	**2.8** g 6% of a day	**7.5** g 4.7 g net · 2.7 g sugars 3% of a day	**2.8** g 10% of a day	**3.8** g 0.6 g saturated 5% of a day	**430** mg 19% of a day

Energy from net carbs 29% · protein 17% · fat 54%

High in (20%+ of a day) Vitamin C 76% · Vitamin K 27% · Folate 20%

Source of (10–19%) Vitamin B6 16%

Recipe and video: Downshiftology on YouTube — youtube.com/watch?v=wmfrXFIEKc0. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/downshiftology-garlic-herb-mashed-cauliflower