AMERICAN · SIDE

Garlic Butter Mashed Cauliflower

25 min · Serves 4 · 142 kcal a serve · Video 8:43 · Wholesome Yum

Vegetarian · Gluten-free ingredients · No nuts listed

A buttery stand-in for mashed potato: about 6 g net carbs a serve (a similar portion of potato mash has around 30 g), and rich in vitamin C from the cauliflower.

Diet notes: Keto (5.9 g net carbs a serve).

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Ingredients 8 · SERVES 4

- [ ] 1 large head **cauliflower** (about 680 g florets, most of the stems cut off)
- [ ] 1 tsp **olive oil**
- [ ] 2 **garlic** cloves, minced
- [ ] 2 tbsp **butter**, cut into chunks
- [ ] 2 tbsp (30 g) **cream cheese**, cut into chunks
- [ ] 3/4 tsp **sea salt**, to taste
- [ ] a small **pat of butter**, to serve (optional)
- [ ] **fresh chives**, to garnish (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk. 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. Cut the cauliflower into florets, trimming off most of the stems. 2:59
2. Warm the olive oil in a small pan over medium heat and sauté the garlic for a minute or two until fragrant, then tip it into a bowl so it doesn't burn. 3:56
3. Steam the florets over salted boiling water (or microwave them covered with a splash of water) for 10–15 minutes, until they fall apart when pressed with a fork. Drain well. 4:35
4. While still hot, put the cauliflower in a food processor with the garlic, butter, cream cheese and salt and blend for 1–2 minutes, scraping down the sides, until completely smooth. 5:38
5. Taste for salt, swirl into a serving dish and finish with a pat of butter and chopped chives if you like. 6:48

> **Tip** Cooking the cauliflower until very soft and blending for a full 2 minutes gives the smoothest mash. Dry the florets well so it isn't watery. Keeps 4 days in the fridge.

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
142 kcal	3.9 g	9.3 g	3.5 g	11 g	510 mg
590 kJ	8% of a day	5.9 g net · 3.5 g sugars	12% of a day	6.2 g saturated	22% of a day
		3% of a day		14% of a day	

Energy from net carbs 17% · protein 11% · fat 72% — fits keto: 5.9 g net carbs, 72% of the energy from fat

High in (20%+ of a day) Vitamin C 92% · Vitamin K 25% · Folate 25%

Source of (10–19%) Vitamin B6 19% · Potassium 11%

Recipe and video: Wholesome Yum (@WholesomeYum) on YouTube — youtube.com/watch?v=PKNyHmlsAPA, published 22 December 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, 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/keto-mashed-cauliflower-garlic-butter