

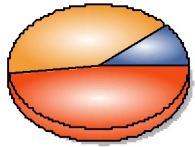
Cauliflower Mashed Potatoes

Modified from www.recipes.sparkpeople.com

Recipe grams: 518.50g/18.3oz

Serves 4.57 113.40g/4.0oz per serving

Prep time: 5 min. Cook time: 20 min.



Protein: 11%
Carbohydrates: 40%
Fat: 48%

INGREDIENTS

.5 head CAULIFLOWER, 5-6" diameter
1 potato POTATO, medium
1/4 cup LIGHT SOUR CREAM
2 tbsp SMART BALANCE BUTTER

DIRECTIONS

1. Peel potato and cut into cubes. Boil chopped potatoes until soft.
2. Steam cauliflower until soft.
2. Place cooked cauliflower in a pot and heat to remove excess moisture.
3. Puree cauliflower and potato in food processor and add butter and sour cream.

NUTRIENT ANALYSIS

INGREDIENT	GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
CAULIFLOWER	216	67	6	13	1
POTATO	213	164	4	37	0
LIGHT SOUR CREAM	62	80	2	6	5
SMART BALANCE BUTTER	28	160	0	0	18
TOTALS	519	471	13	56	24
PER SERVING	113	103	3	12	5

