



Cauliflower Mash

Servings

5

Calories

70

Prep Time

5 minutes

Total Time

13 minutes

Skill Level

Easy

Ingredients

1 (16 ounces) package Mann's Cauliflower

2 tablespoons butter

¼ cup milk

½ teaspoon salt

½ teaspoon pepper



The Method

Microwave Mann's Cauliflower in the bag for 6 minutes. Remove from microwave and let it set for 1 minute. Carefully remove from the bag (it will be hot) and place in a mixing bowl. Add butter, milk, salt and pepper. Mash all ingredients together. Fluff with a fork and place in your favorite serving dish.

Other options to add before mashing are garlic powder or green onions.

Nutrition Facts

Serving Size: 109g | Servings: 5

Amount Per Serving

Calories 70 | Calories from Fat 45 | Total Fat 5g (sat fat 3.5g trans 0g) | Cholesterol 15mg | Sodium 270mg | Total Carbohydrate 5g |

Dietary Fiber 2g | Sugars 2g | Protein 2g | Vitamin A 4% | Vitamin C 70% | Calcium 4% | Iron 2%