

# Mashed Cauliflower

Creamy, buttery Mashed Cauliflower with Garlic, Sour Cream and Parmesan is the low carb side dish of your dreams! Keto approved and taste just as good as regular Mashed Potatoes. The secret lies in flavouring them with just the right ingredients to take them from bland to mouthwatering. If you haven't tried this before, you will fall in love with Cauliflower Mashed Potatoes!



5 from 25 votes

Prep Time  
15 mins

Cook Time  
20 mins

Total Time  
35 mins

Course: Side Dish   Cuisine: American   Keyword: mashed cauliflower   Servings: 4 serves as a side  
Calories: 59kcal   Author: Karina

## Ingredients

- 0.5 large head cauliflower cut into florets (about 3 pounds or 1 1/2 kg)
- 1.5 tablespoons unsalted butter
- 1.5 tablespoons sour cream
- 3 cloves garlic divided
- 0.13 cup parmesan cheese
- Salt and black pepper to taste

## Instructions

1. Place cauliflower in a steamer over a large pot of boiling water. Steam for 15 minutes until tender. Alternatively, boil cauliflower in salted water for 10 minutes or until fork tender. Remove and drain. Cover with a lid and set aside.
2. In the same pot, heat the butter over medium high heat. Sauté garlic until fragrant (about 1 minute).
3. Blend cauliflower and garlic in a food processor on high setting until smooth. You may need to do this in batches of two or three, depending on the size of your processor.
4. Transfer blended cauliflower into the pot with the garlic. Stir in the Parmesan cheese, sour cream and season with salt and pepper.

## Notes

Save prep time and use cauliflower rice instead! Steam the rice or sauté in a pan with a little water until fork tender.

## Nutrition

Calories: 59kcal | Carbohydrates: 2g | Protein: 1g | Fat: 5g | Saturated Fat: 3g | Cholesterol: 13mg | Sodium: 61mg | Potassium: 54mg | Vitamin A: 165IU | Vitamin C: 7.2mg | Calcium: 51mg | Iron: 0.1mg