

# Cheesy Mashed Cauliflower II

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**Servings: 6**

1 head cauliflower, chopped and trimmed  
1 cup cottage cheese  
1/2 cup white cheddar cheese, shredded  
1/2 teaspoon sea salt  
1 tablespoon chopped green chives

**Preparation Time: 25 minutes**

Steam the cauliflower until soft and tender (about 15 minutes).

Place the cooked cauliflower, cottage cheese, cheddar cheese and salt into a food processor. Blend until creamy.

Top with chopped chives and serve.

Start to Finish Time: 25 minutes

Per Serving (excluding unknown items): 38 Calories; 1g Fat (18.1% calories from fat); 6g Protein; 2g Carbohydrate; trace Dietary Fiber; 3mg Cholesterol; 315mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable.

Side Dishes

**Per Serving Nutritional Analysis**

Calories (kcal):	38	Vitamin B6 (mg):	.1mg
% Calories from Fat:	18.1%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	23.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	58.2%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	1g	Folacin (mcg):	14mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	3mg	% Refuse:	0.00%
Carbohydrate (g):	2g	<b>Food Exchanges</b>	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	6g	Lean Meat:	1/2
Sodium (mg):	315mg	Vegetable:	0
Potassium (mg):	87mg	Fruit:	0

**Calcium (mg):** 29mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 8mg  
**Vitamin A (i.u.):** 30IU  
**Vitamin A (r.e.):** 8RE

**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 38 Calories from Fat: 7

### % Daily Values\*

<b>Total Fat</b> 1g	1%
Saturated Fat trace	2%
<b>Cholesterol</b> 3mg	1%
<b>Sodium</b> 315mg	13%
<b>Total Carbohydrates</b> 2g	1%
Dietary Fiber trace	2%
<b>Protein</b> 6g	
<b>Vitamin A</b>	1%
<b>Vitamin C</b>	13%
<b>Calcium</b>	3%
<b>Iron</b>	1%

\* Percent Daily Values are based on a 2000 calorie diet.