

# Cheesy Mashed Cauliflower

*www.daisybrand.com*

## Servings: 6

*1 head cauliflower, chopped and trimmed*

*1 cup Daisy brand cottage cheese*

*1/2 cup white cheddar cheese, shredded*

*1/2 teaspoon sea salt*

*1 tablespoon green chives, chopped*

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 the chopped chives and serve.

Start to Finish Time: 25 minutes

Per Serving (excluding unknown items): 4 Calories; trace Fat (6.2% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 162mg Sodium. Exchanges: 0 Vegetable.

## Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	4
% Calories from Fat:	6.2%
% Calories from Carbohydrates:	68.0%
% Calories from Protein:	25.9%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	162mg
Potassium (mg):	51mg
Calcium (mg):	4mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	10mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0

Iron (mg): trace  
Zinc (mg): trace  
Vitamin C (mg): 8mg  
Vitamin A (i.u.): 3IU  
Vitamin A (r.e.): 1/2RE

Fat: 0  
Other Carbohydrates: 0

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## Nutrition Facts

Servings per Recipe: 6

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### Amount Per Serving

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<b>Calories</b>	<b>4</b>	Calories from Fat: 0
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### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	162mg	7%
<b>Total Carbohydrates</b>	1g	0%
Dietary Fiber	trace	2%
<b>Protein</b>	trace	

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<b>Vitamin A</b>	0%
<b>Vitamin C</b>	13%
<b>Calcium</b>	0%
<b>Iron</b>	0%

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