

Cheesy Mashed Cauliflower

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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	Vitamin B6 (mg):	trace
% Calories from Fat:	6.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	68.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	25.9%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	10mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	1g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	162mg	Vegetable:	0
Potassium (mg):	51mg	Fruit:	0
Calcium (mg):	4mg	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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 4 Calories from Fat: 0

% Daily Values*

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

Vitamin A		0%
Vitamin C		13%
Calcium		0%
Iron		0%

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