
Mashed Garlic Cauliflower

1g net carb per serving - 176 calories



Low Carbe Diem
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Servings: 4

- 1 head cauliflower, cut into pieces
- 1 tbsp olive oil
- 2 cloves garlic, pressed
- 1/4 c Parmesan cheese
- 1 tbsp Neufchatel cheese
- 1 tsp sea salt
- 1/2 tsp black pepper
- 4 tbsp butter

Steam, cook or roast cauliflower until tender (about 10 minutes).

Heat olive oil in a small skillet over medium heat. Add garlic, stirring until soft (about 2 minutes). Remove from heat.

Transfer half the cauliflower to a food processor, cover and blend on high. Add remaining cauliflower, a little at a time, until mixture is creamy.

Blend in garlic, Parmesan cheese, cream cheese, sea salt and black pepper. Top each serving with 1 tbsp butter.

Per Serving: 176 Calories; 20g Fat (88.5% calories from fat); 4g Protein; 2g Carbohydrate; 1g Dietary Fiber.