

# Cheesy Cauliflower Mash

U.S. cheddar makes this a perfect side dish for roasted meats. Creamy and satisfying, it is a great alternative for mashed potatoes.



## INGREDIENTS

(Serves 8)

Cauliflower, 1 head, trimmed	4
Onion, diced	60g
<b>U.S. Cheddar, shredded</b>	<b>30g</b>
<b>U.S. Sour Cream</b>	<b>8 slices</b>
<b>U.S. Unsalted Butter</b>	<b>8 slices</b>
Parsley, fresh, minced	40ml
Salt	120g
White Pepper	To taste

## NUTRITIONAL CONTENT

Per 100g

<b>Calories</b>	134kcal
<b>Total Fat</b>	11g
Saturated Fat	7g
Trans Fat	0g
Cholesterol	33mg
<b>Total Carbohydrates</b>	5g
Dietary Fiber	1g
Sugars	2g
<b>Protein</b>	5g
Calcium	135mg
Magnesium	14mg
Phosphorus	99mg
Potassium	200mg
Sodium	307mg
Iron	0mg
Vitamin A	349IU
Vitamin C	29mg

## PREPARATION

- Chop cauliflower into small pieces and place into a medium saucepan.**
- Add onions and steam until very soft, about 15-20 minutes.**
- Drain remaining water, then add all other ingredients.**
- Blend until smooth with a blending wand or in a food processor.**
- Serve immediately or can be kept warm in a double boiler.**

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on [ThinkUSAdairy.org](http://ThinkUSAdairy.org), including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2015 U.S. Dairy Export Council.