

Cauliflower Mash

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-cauliflower-mash-recipe>

Ingredients:

- 1 head cauliflower
- 2 tablespoons butter
- 1/2 cup milk coconut milk, or cream
- salt
- black pepper

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 20 milligrams
4. Fat: 7 grams
5. Fiber: 4 grams
6. Protein: 5 grams
7. SaturatedFat: 4 grams
8. Sodium: 300 milligrams
9. Sugar: 5 grams

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