

# Gluten Free, Keto Friendly Mashed Cauliflower (Fake Mashed Potatoes)

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Here is a easy recipe for some gluten free, keto friendly mashed cauliflower (fake mashed potatoes)



## Ingredients

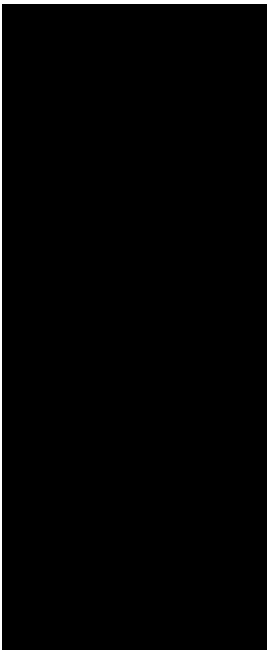
- 1 head of cauliflower with the steam and green stuff removed and cut in half.
- 1 8 ounce package of cream cheese
- any additional seasonings you like in mashed potatoes

## Directions

1. Trim the cauliflower and cut in half.
2. In a **large pot**, boil some water and once the water is boiling add the cauliflower.
3. Cook until the cauliflower is tender and you can easily stick a fork into.
4. Drain the cauliflower into a **colander**
5. Return the cauliflower to the **large pot** and turn the heat onto low.
6. Add the cream cheese and using a **immersion blender**, blend to the consistency that you like.

If you want you can add in some butter, **garlic** or other seasonings.

See the video below for full steps



### Nutrition Facts

Servings 4.0

Amount Per Serving

**calories** 236

% Daily Value \*

**Total Fat** 18 g 28 %

Saturated Fat 12 g 60 %

Monounsaturated Fat 0 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

**Cholesterol** 70 mg 23 %

**Sodium** 253 mg 11 %

**Potassium** 0 mg 0 %

**Total Carbohydrate** 6 g 2 %

**Dietary Fiber** 0 g 0 %

**Sugars** 6 g

**Protein** 7 g 14 %

Vitamin A 12 %

Vitamin C 111 %

Calcium 7 %

Iron 4 %