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# Keto Mashed Cauliflower with Sour Cream and Chives

★★★★★

This Keto Mashed Cauliflower with Sour Cream and Chives makes a low-carb substitute for mashed potatoes that your family will love. This cauliflower mash is creamy and flavorful. This side dish is easy enough to make for a weeknight dinner, but fancy enough for a holiday meal or special occasion. This recipe is gluten-free.

<b>Course</b>	Side Dish
<b>Cuisine</b>	American
<b>Keyword</b>	diabetic potatoes, keto mashed potatoes, keto potato substitute, keto side dish

<b>Prep Time</b>	5 minutes
<b>Cook Time</b>	15 minutes

**Total Time** 20 minutes

**Servings** 4

**Calories** 81 kcal

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## Ingredients

- 1 head cauliflower about 12 ounces, cut into small florets.
- ½ cup sour cream
- ¼ teaspoon dried minced onion
- sea salt to taste (I used ¼ teaspoon)
- black pepper to taste (I used ¼ teaspoon)

## Instructions

1. Prepare the steamer by adding an inch of water to the bottom of the steamer pot. Bring water to a simmer. Place cauliflower in the steamer basket. Sprinkle lightly with salt. Cover the basket and place over the simmering water. Steam until VERY tender-10-15 minutes.
2. Remove the steamer basket from the water and allow any excess water to drip off of the cauliflower. Transfer cauliflower to a food processor. Add the sour cream, dried minced onion, sea salt, and pepper. Process cauliflower until creamy and smooth. I used the pulse setting for this. You may need to open the processor once or twice to push down the cauliflower on the sides. Stir in 1½ tablespoon of the chives. (Don't process them or the mashed cauliflower will turn green.) Taste and adjust seasoning, if desired.
3. Transfer the mashed cauliflower to a serving bowl. Sprinkle the remaining half tablespoon of chives on top to garnish.

# Nutrition Facts

Keto Mashed Cauliflower with Sour Cream and Chives

Amount Per Serving (3 ounces)

Calories 81      Calories from Fat 54

**% Daily Value\***

**Fat** 6g      **9%**

Saturated Fat 5g      **31%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

**Sodium** 202mg      **9%**

**Potassium** 301mg      **9%**

**Carbohydrates** 6g      **2%**

Fiber 2g      **8%**

Sugar 4g      **4%**

**Protein** 2g      **4%**

**Vitamin A** 0%      **0%**

**Iron** 0%      **0%**

**Net Carbs** 4g

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

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