

Low-Carb Cauliflower Mash with Roasted Garlic & Thyme

Hands-on 15 minutes Overall 1 hour

Nutritional values (per serving): Total carbs: 10.1 g, Fiber: 3.2 g, **Net carbs: 6.9 g**,

Protein: 5.4 g, Fat: 20.4 g, Calories: 221 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4 servings)

- 1/2 bulb of garlic (6 cloves)
- 1 medium cauliflower (600 g/ 1.3 lb)
- 1 tbsp fresh thyme
- 1/2 tsp sea salt, or to taste
- 1/4 tsp pepper, or to taste
- 1/4 cup butter (57 g/ 2 oz)
- 1/2 cup cream cheese (120 g/ 4.2 oz)

Instructions

1. Pre-heat oven to 200 °C/ 400 °F (fan assisted), or 220 °C/ 425 °F (conventional). Place garlic in a piece of aluminium foil and wrap well. Bake for 30 minutes.
2. While garlic is roasting, cut the cauliflower into florets and place in a saucepan. Cover with water and bring to the boil. Reduce heat and simmer until just soft to a fork. Drain well.
3. Remove garlic from oven and reduce the temperature to 180 °C/ 355 °F (fan assisted), or 200 °C/ 400 °F (conventional).
4. Spread the drained cauliflower over a lined over tray in a single layer and place in the oven for 15 minutes. This changes the flavour slightly but also removes a lot of the moisture, giving a creamier mash.
5. Once done, place the cauliflower into a food processor, squeeze the roasted garlic out of its skin into the processor and then add the butter, cream cheese and thyme. Blitz until it is creamy and silky.
6. Serve in a big bowl with olive oil drizzled on top and some thyme to garnish.
7. Store in the refrigerator, covered, for up to 5 days.

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