

# Eat Smart • Move More

## Puré de Coliflor

Tiempo de Preparación: 5 minutos

Tiempo Total: 10 minutos



### Ingredientes

- 1 cabeza de coliflor, picado
- 8 onzas de crema agria liviana
- ¼ taza de perejil, picado
- 1 cucharadita de cebolla en polvo
- ¼ taza de pan molido

### Nutrition Facts

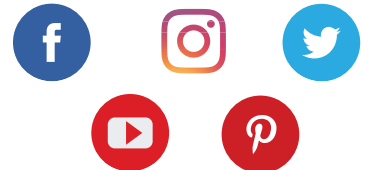
4 servings per container		
<b>Serving size</b>		<b>1 serving</b>
		<b>(221.47g)</b>
<b>Amount per serving</b>		
<b>Calories</b>		<b>140</b>
<b>% Daily Value*</b>		
<b>Total Fat</b>	2.5g	<b>3%</b>
Saturated Fat	1g	<b>5%</b>
Trans Fat	0g	
<b>Cholesterol</b>	10mg	<b>3%</b>
<b>Sodium</b>	220mg	<b>10%</b>
<b>Total Carbohydrate</b>	14g	<b>5%</b>
Dietary Fiber	3g	<b>11%</b>
Total Sugars	7g	
Includes g of Added Sugars		
<b>Protein</b>	7g	
Vitamin D	0mcg	<b>0%</b>
Calcium	136mg	<b>10%</b>
Iron	1mg	<b>6%</b>
Potassium	478mg	<b>10%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Consejos Rápidos

- ▶ Puede utilizar los ramilletes de coliflor congelados que vienen en paquetes de 2-16 onzas en lugar de una cabeza de coliflor fresco.
- ▶ Para lograr una consistencia más suave, utilice una licuadora o procesadora de alimento para pisar la coliflor, la crema agria, el perejil y la cebolla en polvo antes de hornear.

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### Preparación

- Hervir, cocinar al vapor o en microondas la coliflor hasta que se encuentre tierno. Escurrir bien.
- Colocar la coliflor en un bol grande y hacer un puré hasta que quede suave.
- Agregar crema agria, perejil y la cebolla en polvo al puré de coliflor. Revolver hasta mezclar bien.
- Colocar la mezcla de coliflor en una fuente para horno. Espolvorear con pan molido. Asar durante 3-5 minutos o hasta que el pan molido comience a dorarse.

(Receta adaptada del North Dakota Extension Service, publicada en <https://www.ag.nd-su.edu/food/recipes/vegetables/parmesan-mashed-cauliflower>)

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