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## Keto Breakfast "Potatoes" ✪

A delicious and low-carb alternative to traditional breakfast potatoes. Made with cauliflower and spices, these keto breakfast "potatoes" are a healthy and satisfying way to start your day.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 20 mins

**Total Time:** 30 mins

**Recipe Yield:** 300 grams

**Number of Servings:** 4

**Serving Size:** 75 g

### Ingredients

<b>500 g</b>	cauliflower
<b>2 tbsp</b>	olive oil
<b>1 tsp</b>	garlic powder
<b>1 tsp</b>	paprika
<b>1 tsp</b>	salt

0.5 tsp black pepper

## Directions

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### Step 1

#### Preheating

Preheat the oven to 425°F (220°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Cutting

Cut the cauliflower into small florets.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Mixing

In a large bowl, toss the cauliflower florets with olive oil, garlic powder, paprika, salt, and black pepper until well coated.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Baking

Spread the seasoned cauliflower florets in a single layer on a baking sheet.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

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## Step 5

Baking

Bake for 20 minutes, or until the cauliflower is tender and golden brown.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

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## Step 6

Serving

Serve hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 50 kcal

**Fat: 3 g**

**Protein: 2 g**

**Carbohydrates: 5 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	3 g	10.71%	12%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	45 mg	50%	60%
Vitamin B6	6 mg	461.54%	461.54%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%
Iron	2 mg	25%	11.11%
Potassium	6 mg	0.18%	0.23%
Zinc	2 mg	18.18%	25%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Cuisines

Italian

### Diet

Anti-Inflammatory Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Low Glycemic Index Diet

The Fast Metabolism Diet

Nutrient Timing Diet

### Course

Breads

Salads

Soups

Snacks

### Demographics

Diabetic Friendly

Heart Healthy

### Meal Type

Breakfast

Brunch

Lunch

Snack

Supper

## Difficulty Level

Medium

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