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Cauliflower and Hummus Snack

A delicious vegan snack made with roasted cauliflower and homemade hummus. This snack is perfect for parties or as a healthy afternoon snack. The cauliflower is seasoned with spices and roasted until crispy, while the hummus is creamy and flavorful. Enjoy this guilt-free snack anytime!

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	cauliflower
2 tbsp	olive oil
1 tsp	Paprika
1 tsp	Cumin
1 tsp	Garlic powder

1 tsp	Salt
240 g	Chickpeas
2 tbsp	tahini
2 tbsp	Lemon juice
2 cloves	garlic
1 tsp	Salt

Directions

Step 1

Oven

Preheat the oven to 425°F (220°C).

Prep Time: 5 mins

Cook Time: 20 mins

Step 2

Cut

Cut the cauliflower into florets and place them in a large bowl.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

Drizzle the cauliflower with olive oil and sprinkle with paprika, cumin, garlic powder, and salt. Toss to coat evenly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Roasting

Spread the cauliflower in a single layer on a baking sheet and roast in the preheated oven for 20 minutes, or until golden brown and crispy.

Prep Time: 0 mins

Cook Time: 20 mins

Step 5

Blending

While the cauliflower is roasting, prepare the hummus. In a food processor, combine the chickpeas, tahini, lemon juice, garlic, and salt. Process until smooth and creamy.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Serving

Transfer the roasted cauliflower to a serving dish and serve with the homemade hummus.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 9 g

Protein: 8 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	6 g	15.79%	24%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	9 g	32.14%	36%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	10 mg	0.29%	0.38%
Zinc	4 mg	36.36%	50%
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

Course

Snacks

Main Dishes

Salads

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

Events

Picnic

Game Day

Meal Type

Snack

Supper

Difficulty Level

Medium

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