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Cauliflower Steaks ♦♦

Cauliflower steaks are a delicious and healthy vegan dish that can be enjoyed as a main course or a side dish. This recipe features thick slices of cauliflower that are seasoned and roasted to perfection. The result is a tender and flavorful steak-like dish that is packed with nutrients.

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

1000 g	cauliflower
4 tbsp	olive oil
2 tsp	garlic powder
2 tsp	paprika
1 tsp	salt

1 tsp black pepper

Directions

Step 1

Preheating

Preheat the oven to 425°F (220°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Remove the leaves and trim the stem of the cauliflower. Slice the cauliflower into 1-inch thick steaks.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a small bowl, mix together olive oil, garlic powder, paprika, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Brushing

Brush both sides of the cauliflower steaks with the olive oil mixture.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Roasting

Place the cauliflower steaks on a baking sheet lined with parchment paper. Roast in the preheated oven for 20-25 minutes, flipping halfway through, until golden brown and tender.

Prep Time: 0 mins

Cook Time: 25 mins

Nutrition Facts

Calories: 150 kcal

Fat: 6 g

Protein: 6 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	8 g	21.05%	32%
Sugars	7 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	6 g	21.43%	24%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	150 mg	166.67%	200%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	6 mg	0.6%	0.6%
Iron	8 mg	100%	44.44%
Potassium	20 mg	0.59%	0.77%
Zinc	6 mg	54.55%	75%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer

Fall

Events

Barbecue

Game Day

Cuisines

Mexican

Mediterranean

Course

Drinks

Salads

Snacks

Cultural

Chinese New Year

Demographics

Senior Friendly

Diet

Vegan Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Engine 2 Diet

Blood Type Diet

Ayurvedic Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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