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Loaded Cauliflower ♦

Loaded cauliflower is a vegetarian dish that is a healthier alternative to loaded baked potatoes. It is made by roasting cauliflower florets and topping them with cheese, bacon, sour cream, and green onions. This dish is a delicious and satisfying option for those looking to incorporate more vegetables into their diet.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	cauliflower
100 g	cheddar cheese
50 g	bacon
50 g	sour cream
25 g	Green Onions

Directions

Step 1

Oven

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 30 mins

Step 2

Cutting

Cut the cauliflower into florets and place them on a baking sheet.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Drizzle the cauliflower with olive oil and season with salt and pepper.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Roasting

Roast the cauliflower in the preheated oven for 25-30 minutes, or until tender and golden brown.

Prep Time: 0 mins

Cook Time: 30 mins

Step 5

Remove the cauliflower from the oven and top with cheddar cheese, bacon, sour cream, and green onions.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Oven

Place the loaded cauliflower back in the oven for 5 minutes, or until the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 5 mins

Step 7

Serving

Serve the loaded cauliflower hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 12 g

Protein: 8 g

Carbohydrates: 6 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	6 g	10.91%	12%
Fibers	2 g	5.26%	8%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	3 g	N/A	N/A
Lactose	2 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	12 g	42.86%	48%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	70 mg	77.78%	93.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	20 mg	2%	2%
Iron	4 mg	50%	22.22%
Potassium	10 mg	0.29%	0.38%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Christmas Easter Picnic

Course

Salads Snacks Sauces & Dressings Appetizers Main Dishes Side Dishes

Nutritional Content

Low Calorie Low Fat Sugar-Free High Vitamin C High Iron High Calcium

Kitchen Tools

Blender Oven

Meal Type

Brunch Lunch Dinner

Difficulty Level

Medium

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