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## Cauliflower Buffalo Bake

Cauliflower Buffalo Bake is a delicious vegetarian dish that is perfect for game day or as a side dish. It combines the flavors of buffalo sauce and cauliflower for a spicy and satisfying meal. The cauliflower is roasted until tender and then coated in a spicy buffalo sauce. It is then baked until crispy and served with a side of ranch or blue cheese dressing. This dish is sure to be a hit with both vegetarians and meat-eaters alike.

**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
1 c	buffalo sauce
1 c	ranch or blue cheese dressing

# 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 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 the buffalo sauce until evenly coated.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

## Preparation

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

## Step 5

### Baking

Bake for 25-30 minutes, or until the cauliflower is tender and crispy.

**Prep Time:** 0 mins

**Cook Time:** 25 mins

## Step 6

### Serving

Serve the cauliflower buffalo bake with a side of ranch or blue cheese dressing.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

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**Calories:** 150 kcal

**Fat:** 0 g

**Protein: 7 g**

**Carbohydrates: 35 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	7 g	41.18%	41.18%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	8 g	21.05%	32%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
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	100 mg	111.11%	133.33%
Vitamin B6	10 mg	769.23%	769.23%
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	1000 mg	43.48%	43.48%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	20 mg	0.59%	0.77%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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

Drinks

Salads

Snacks

### Cultural

Chinese New Year

Diwali

Oktoberfest

Ramadan

Thanksgiving

Easter

### Cost

Under \$10

\$20 to \$30

\$40 to \$50

### Demographics

Kids Friendly

Teen Friendly

### Meal Type

Lunch

Snack

Supper

### Difficulty Level

Medium

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