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Cauliflower and Mushrooms with Ranch Snack.

A delicious vegetarian snack made with cauliflower and mushrooms, served with ranch dressing. This snack is perfect for parties or as a quick and healthy appetizer.

Recipe Type: Vegetarian Prep Time: 15 mins

Cook Time: 20 mins Total Time: 35 mins

Recipe Yield: 500 grams Number of Servings: 4

Serving Size: 125 g

Ingredients

300 g	cauliflower
200 g	Mushrooms
100 g	ranch dressing

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Cut the cauliflower into florets and slice the mushrooms.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Roasting

Place the cauliflower and mushrooms on a baking sheet and drizzle with olive oil. Season with salt and pepper to taste.

Prep Time: 5 mins

Cook Time: 20 mins

Step 4

Oven

Bake in the preheated oven for 20 minutes or until the cauliflower is tender and lightly browned.

Prep Time: 0 mins

Cook Time: 20 mins

Step 5

Serving

Serve the roasted cauliflower and mushrooms with ranch dressing.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 5 g

Protein: 6g

Carbohydrates: 15 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	15 g	27.27%	30%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	80 mg	88.89%	106.67%
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

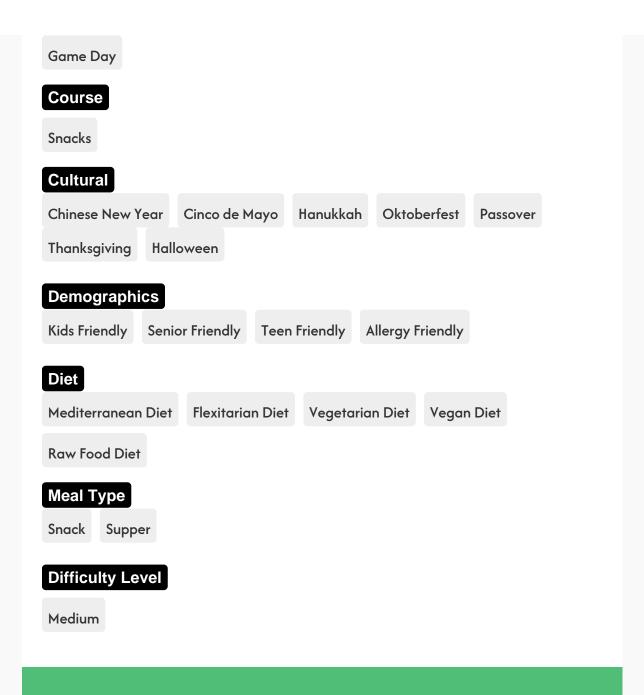
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	250 mg	10.87%	10.87%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	10 mg	0.29%	0.38%
Zinc	4 mg	36.36%	50%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Spring Fall

Events



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