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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: 6 g

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

Game Day

Course

Snacks

Cultural

Chinese New Year

Cinco de Mayo

Hanukkah

Oktoberfest

Passover

Thanksgiving

Halloween

Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Allergy Friendly

Diet

Mediterranean Diet

Flexitarian Diet

Vegetarian Diet

Vegan Diet

Raw Food Diet

Meal Type

Snack

Supper

Difficulty Level

Medium

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