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## Cheesy Cauliflower Bread <sup>♦♦</sup>

Cheesy Cauliflower Bread is a delicious vegetarian recipe that is made with cauliflower and cheese. It is a healthy alternative to traditional bread and can be enjoyed as a snack or as a side dish. The recipe is easy to make and requires minimal preparation and cooking time.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** 40 mins

**Total Time:** 55 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 8

**Serving Size:** 63 g

### Ingredients

500 g	cauliflower
200 g	cheddar cheese
50 g	parmesan cheese
2 pieces	Eggs

<b>1 tsp</b>	garlic powder
<b>1 tsp</b>	salt
<b>0.5 tsp</b>	black pepper
<b>1 tbsp</b>	parsley

## 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

#### Grating

Grate the cauliflower using a food processor or a grater.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 3

#### Microwaving

Place the grated cauliflower in a microwave-safe bowl and microwave for 5 minutes to soften it.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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## Step 4

Transfer the softened cauliflower to a clean kitchen towel and squeeze out the excess moisture.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

Mixing

In a large bowl, combine the grated cauliflower, cheddar cheese, Parmesan cheese, eggs, garlic powder, salt, black pepper, and parsley. Mix well.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 6

Line a baking sheet with parchment paper. Spread the cauliflower mixture evenly on the baking sheet, shaping it into a rectangular bread shape.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 7

**Baking**

Bake in the preheated oven for 30-35 minutes, or until the bread is golden brown and set.

**Prep Time:** 0 mins

**Cook Time:** 30 mins

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## Step 8

**Cooling**

Remove from the oven and let the bread cool for a few minutes before slicing and serving.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Nutrition Facts

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**Calories:** 150 kcal

**Fat:** 12 g

**Protein:** 8 g

**Carbohydrates: 5 g**

## **Nutrition Facts**

### **Proteins**

<b>Nutrient</b>	<b>Value</b>	<b>% Daily Intake (Males)</b>	<b>% Daily Intake (Females)</b>
Protein	8 g	47.06%	47.06%

### **Carbohydrates**

<b>Nutrient</b>	<b>Value</b>	<b>% Daily Intake (Males)</b>	<b>% Daily Intake (Females)</b>
Carbohydrates	5 g	9.09%	10%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

### **Fats**

<b>Nutrient</b>	<b>Value</b>	<b>% Daily Intake (Males)</b>	<b>% Daily Intake (Females)</b>
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	7 g	31.82%	41.18%
Fat	12 g	42.86%	48%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	80 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
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

## Cuisines

Italian

## Course

Appetizers

Breads

## Cultural

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

## Cost

Under \$10

## Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Heart Healthy

## Diet

Mediterranean Diet

Volumetrics Diet

Vegetarian Diet

Vegan Diet

## Meal Type

Brunch

Lunch

Dinner

Snack

Supper

## Difficulty Level

Medium

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