



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Baked Buffalo Cauliflower Wings ♦♦

Baked Buffalo Cauliflower Wings are a vegetarian alternative to traditional buffalo wings. They are made with cauliflower florets that are coated in a spicy buffalo sauce and baked until crispy. These wings are perfect for parties, game days, or as a delicious appetizer. They are a healthier option that still packs a punch of flavor.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

| | |
|---------------|---------------------|
| 500 g | cauliflower florets |
| 6 tbsp | hot sauce |
| 4 tbsp | Butter |
| 1 tsp | Garlic powder |
| 1 tsp | Salt |

| | |
|-------|-------------------|
| 1 tsp | Black pepper |
| 1 c | All-Purpose Flour |
| 1 c | Milk |
| 1 tsp | Paprika |
| 1 c | Vegetable Oil |

Directions

Step 1

Preheating

Preheat the oven to 450°F (230°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

In a small saucepan, melt the butter over low heat. Stir in the hot sauce, garlic powder, salt, and black pepper. Remove from heat.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Mixing

In a large bowl, combine the flour, milk, and paprika. Whisk until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

Dip each cauliflower floret into the batter, allowing any excess batter to drip off. Place the coated florets onto a baking sheet lined with parchment paper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Baking

Bake the cauliflower florets for 20 minutes, or until they are golden brown and crispy.

Prep Time: 0 mins

Cook Time: 20 mins

Step 6

Baking

Remove the cauliflower wings from the oven and brush them with the buffalo sauce. Return them to the oven for an additional 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 7

Serving

Serve the baked buffalo cauliflower wings hot with celery sticks and ranch or blue cheese dressing.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 5 g

Protein: 5 g

Carbohydrates: 23 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 5 g | 29.41% | 29.41% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 23 g | 41.82% | 46% |
| Fibers | 4 g | 10.53% | 16% |
| Sugars | 3 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 1 g | N/A | N/A |
| Saturated Fat | 2 g | 9.09% | 11.76% |
| Fat | 5 g | 17.86% | 20% |
| Cholesterol | 10 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|-------|------------------------|--------------------------|
| Vitamin A | 2 iu | 0.22% | 0.29% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin C | 70 mg | 77.78% | 93.33% |
| Vitamin B6 | 0 mg | 0% | 0% |
| Vitamin B12 | 0 mcg | 0% | 0% |
| Vitamin E | 0 mg | 0% | 0% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 800 mg | 34.78% | 34.78% |
| Calcium | 4 mg | 0.4% | 0.4% |
| Iron | 6 mg | 75% | 33.33% |
| Potassium | 8 mg | 0.24% | 0.31% |
| Zinc | 1 mg | 9.09% | 12.5% |
| Selenium | 1 mcg | 1.82% | 1.82% |

Recipe Attributes

Events

Christmas

Game Day

Kitchen Tools

Slow Cooker

Course

Appetizers

Snacks

Cost

\$10 to \$20

Demographics

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet

Paleo Diet

The Whole30 Diet

Atkins Diet

Ketogenic Diet

Low Carb, High Fat (LCHF) Diet

South Beach Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

Visit our website: healthdor.com