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## Buffalo Cauliflower · ·

Buffalo cauliflower is a vegetarian dish that is a healthier alternative to buffalo wings. The cauliflower is coated in a spicy buffalo sauce and baked until crispy. It can be served as an appetizer or as a main dish. This recipe is perfect for vegetarians and those looking to reduce their meat consumption.

**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
6 tbsp	hot sauce
4 tbsp	butter
1 tsp	garlic powder
1 tsp	paprika

1 tsp	salt
1 tsp	black pepper
1 c	flour
1 c	milk
1 c	vegetable oil

## Directions

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### Step 1

#### Preheating

Preheat the oven to 450°F (230°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, whisk together the hot sauce, melted butter, garlic powder, paprika, salt, and black pepper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Mixing

In a separate bowl, whisk together the flour and milk to create a batter.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

Coating

Dip each cauliflower floret into the batter, allowing any excess to drip off, then place them on a baking sheet.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

Baking

Bake the cauliflower in the preheated oven for 20 minutes, or until crispy and golden brown.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

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## Step 7

Mixing

Toss the baked cauliflower in the prepared hot sauce mixture until evenly coated.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 8

Serving

Serve the buffalo cauliflower hot with your favorite dipping sauce.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 130 kcal

**Fat:** 4 g

**Protein:** 5 g

Carbohydrates: 20 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	20 g	36.36%	40%
Fibers	3 g	7.89%	12%
Sugars	2 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	4 g	14.29%	16%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	10 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
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	420 mg	18.26%	18.26%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	8 mg	0.24%	0.31%
Zinc	0 mg	0%	0%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Events

Picnic

### Course

Salads

Snacks

Side Dishes

Appetizers

Soups

Sauces & Dressings

### Cultural

Cinco de Mayo

Chinese New Year

### Kitchen Tools

Slow Cooker

Mixer

Oven

Stove

Microwave

Grill

Pressure Cooker

Air Fryer

Food Processor

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Medium

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