



Cauliflower Panko Pakoras



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 8 servings barbecue sauce
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 24 oz cauliflower florets cut into bite-size pieces
- ☐ 0.8 cup seltzer water
- ☐ 2 large egg whites
- ☐ 0.5 cup flour
- ☐ 0.5 teaspoon garam masala

- ☐ 0.3 teaspoon ground pepper
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 teaspoon turmeric
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1.5 cups panko bread crumbs divided (Japanese bread crumbs)
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon vegetable oil

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ spatula

Directions

- ☐ Preheat oven to 47
- ☐ In a large bowl, whisk together flour, 1/2 cup panko, the garam masala, baking soda, salt, and remaining spices.
- ☐ Whisk in lemon juice and club soda. Set aside.
- ☐ In a small bowl, use a clean whisk to beat egg whites until foamy.
- ☐ Whisk whites into flour mixture. Using your hands or a spatula, add cauliflower and combine until all florets are coated.
- ☐ Place remaining panko in a medium bowl. Lift florets, 1 at a time, out of batter and toss to coat with panko.
- ☐ Place florets on a large nonstick baking sheet coated with oil.
- ☐ Bake until browned and crispy, about 20 minutes. While cauliflower bakes, make Cilantro Mint Dipping Sauce.

Nutrition Facts



 **PROTEIN 16.35%**  **FAT 20.11%**  **CARBS 63.54%**

Properties

Glycemic Index:22.63, Glycemic Load:5.14, Inflammation Score:-6, Nutrition Score:9.3017391873443%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 116.9kcal (5.84%), Fat: 2.68g (4.13%), Saturated Fat: 0.52g (3.28%), Carbohydrates: 19.08g (6.36%), Net Carbohydrates: 16.57g (6.03%), Sugar: 2.79g (3.1%), Cholesterol: 0mg (0%), Sodium: 350.68mg (15.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.82%), Vitamin C: 41.79mg (50.66%), Folate: 75.64µg (18.91%), Vitamin K: 17.26µg (16.44%), Manganese: 0.31mg (15.38%), Vitamin B1: 0.21mg (14.29%), Selenium: 7.67µg (10.96%), Vitamin B2: 0.17mg (10.18%), Fiber: 2.51g (10.04%), Vitamin B6: 0.18mg (8.93%), Potassium: 307.66mg (8.79%), Vitamin B3: 1.67mg (8.34%), Iron: 1.36mg (7.55%), Vitamin B5: 0.68mg (6.84%), Phosphorus: 66.77mg (6.68%), Magnesium: 21.24mg (5.31%), Calcium: 43.75mg (4.38%), Copper: 0.08mg (3.97%), Zinc: 0.48mg (3.22%), Vitamin E: 0.25mg (1.7%)