



Cauliflower Pizza Crust

 Vegetarian  Gluten Free  Popular

READY IN



60 min.

SERVINGS



6

CALORIES



54 kcal

CRUST

Ingredients

- 0.5 head cauliflower coarsely chopped
- 1 eggs
- 0.3 cup parsley fresh chopped
- 1 teaspoon garlic chopped
- 6 servings salt and ground pepper black to taste
- 0.5 cup cheese blend shredded italian

Equipment

- food processor

- bowl
- baking sheet
- sauce pan
- baking paper
- oven

Directions

- Place cauliflower pieces through the feeding tube of the food processor using the grating blade; pulse until all the cauliflower is shredded.
- Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil.
- Add cauliflower, cover, and steam until tender, about 15 minutes.
- Transfer cauliflower to a large bowl and refrigerate, stirring occasionally, until cooled, about 15 minutes.
- Preheat an oven to 450 degrees F (230 degrees C). Line a baking sheet with parchment paper or a silicon mat.
- Stir Italian cheese blend, parsley, egg, garlic, salt, and pepper into cauliflower until evenly incorporated.
- Pour mixture onto the prepared baking sheet; press and shape into a pizza crust.
- Bake in the preheated oven until lightly browned, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.54, Inflammation Score:-4, Nutrition Score:6.3660869442898%

Flavonoids

Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 54.32kcal (2.72%), Fat: 3.19g (4.91%), Saturated Fat: 0.67g (4.19%), Carbohydrates: 3.15g (1.05%), Net Carbohydrates: 2.07g (0.75%), Sugar: 0.97g (1.08%), Cholesterol: 29.15mg (9.72%), Sodium: 44.03mg (1.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.59%), Vitamin K: 48.62µg (46.31%), Vitamin C: 26.58mg (32.21%), Folate: 34.59µg (8.65%), Vitamin B6: 0.11mg (5.47%), Manganese: 0.1mg (5.07%), Vitamin A: 250.79IU (5.02%), Potassium: 170.57mg (4.87%), Vitamin B5: 0.45mg (4.46%), Fiber: 1.08g (4.31%), Vitamin B2: 0.07mg (3.85%), Calcium: 38.11mg (3.81%), Phosphorus: 37.98mg (3.8%), Selenium: 2.62µg (3.74%), Iron: 0.5mg (2.79%), Magnesium: 9.61mg (2.4%), Vitamin B1: 0.03mg (2.01%), Zinc: 0.26mg (1.72%), Copper: 0.03mg (1.53%), Vitamin B3: 0.29mg (1.43%), Vitamin B12: 0.07µg (1.09%)