



WHATSheATE



Crispy Buffalo Fried Cauliflower (Vegan)



Vegetarian



Vegan



Dairy Free



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



4412 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 head cauliflower cut into 1-inch florets
- ☐ 0.3 cup celery leaves
- ☐ 0.5 cup cornstarch
- ☐ 0.5 cup flour all-purpose
- ☐ 1 medium clove garlic minced
- ☐ 0.3 cup hot sauce such as frank's
- ☐ 4 servings kosher salt

- ☐ 2 quarts vegetable oil; peanut oil preferred
- ☐ 0.5 cup vodka
- ☐ 0.5 cup water cold

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ wok
- ☐ spatula
- ☐ dutch oven
- ☐ deep fryer

Directions

- ☐ Preheat oil to 350°F in a large wok, Dutch oven, or deep fryer.
- ☐ Combine cornstarch, flour, baking powder, and 2 teaspoons kosher salt in a large bowl and whisk until homogenous.
- ☐ Add water and vodka and whisk until a smooth batter is formed, adding up to 2 tablespoons additional water if batter is too thick. It should have the consistency of thin paint and fall off of the whisk in thin ribbons that instantly disappear as they hit the surface of the batter in the bowl.
- ☐ Add cauliflower to batter. Working one at a time, lift one piece and allow excess batter to drip off. Carefully lower into hot oil. Repeat with remaining cauliflower until wok or fryer is full. Do not crowd pan. (You'll be able to fit about half of the cauliflower in each batch). Fry, using a metal spider or slotted spatula to rotate and agitate pieces as they cook until evenly golden brown and crisp all over, about 6 minutes.
- ☐ Transfer to a paper towel-lined plate and season immediately with salt. Keep warm while you fry the remaining cauliflower.
- ☐ Combine hot sauce, garlic, and 1 tablespoon oil from fryer in a large bowl and whisk to combine. Toss fried cauliflower with sauce and serve immediately, sprinkled with celery leaves (if using).

Nutrition Facts

 PROTEIN 0.42%  FAT 96.43%  CARBS 3.15%

Properties

Glycemic Index:69, Glycemic Load:10.25, Inflammation Score:-8, Nutrition Score:18.403913021088%

Flavonoids

Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 4411.61kcal (220.58%), Fat: 473.84g (728.99%), Saturated Fat: 80.2g (501.23%), Carbohydrates: 34.85g (11.62%), Net Carbohydrates: 31.09g (11.31%), Sugar: 3.25g (3.61%), Cholesterol: 0mg (0%), Sodium: 834mg (36.26%), Alcohol: 10.02g (100%), Alcohol %: 1.71% (100%), Protein: 4.67g (9.33%), Vitamin E: 74.48mg (496.52%), Vitamin C: 84.94mg (102.96%), Folate: 117.08µg (29.27%), Vitamin K: 30.47µg (29.01%), Manganese: 0.38mg (18.8%), Vitamin B6: 0.32mg (16.15%), Fiber: 3.75g (15.02%), Potassium: 517.7mg (14.79%), Vitamin B1: 0.21mg (13.86%), Vitamin B2: 0.19mg (11.25%), Vitamin B5: 1.09mg (10.9%), Phosphorus: 101.56mg (10.16%), Iron: 1.74mg (9.69%), Selenium: 6.77µg (9.68%), Vitamin B3: 1.75mg (8.77%), Calcium: 73.55mg (7.35%), Magnesium: 28.73mg (7.18%), Copper: 0.11mg (5.38%), Zinc: 0.61mg (4.05%), Vitamin A: 98.86IU (1.98%)