



Oven-Fried Cauliflower



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 medium cauliflower



1 cup italian-seasoned breadcrumbs



1 cup mayonnaise light

Equipment



baking sheet



oven

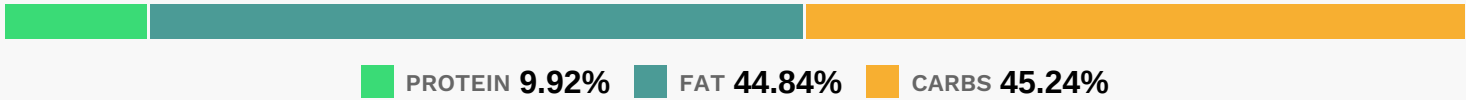


ziploc bags

Directions

- ☐ Place mayonnaise in a large heavy-duty zip-top plastic bag.
- ☐ Add cauliflower; seal and shake to coat.
- ☐ Place breadcrumbs in a large heavy-duty zip-top plastic bag.
- ☐ Add half of cauliflower mixture; seal and shake to coat.
- ☐ Spread in a single layer onto a lightly greased baking sheet. Repeat with remaining cauliflower mixture and breadcrumbs.
- ☐ Bake at 350 for 1 hour.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.68, Inflammation Score:-4, Nutrition Score:8.6026086029799%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 142.06kcal (7.1%), Fat: 7.24g (11.14%), Saturated Fat: 1.27g (7.93%), Carbohydrates: 16.43g (5.48%), Net Carbohydrates: 14.26g (5.18%), Sugar: 3.23g (3.59%), Cholesterol: 4.63mg (1.54%), Sodium: 453.52mg (19.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.21%), Vitamin C: 35.05mg (42.48%), Vitamin K: 33.08µg (31.5%), Folate: 59.94µg (14.98%), Manganese: 0.26mg (13.05%), Vitamin B1: 0.18mg (12.16%), Fiber: 2.17g (8.69%), Vitamin B6: 0.16mg (7.92%), Potassium: 258.24mg (7.38%), Selenium: 4.86µg (6.95%), Vitamin B3: 1.29mg (6.46%), Phosphorus: 62.38mg (6.24%), Vitamin B2: 0.11mg (6.2%), Iron: 1.08mg (5.99%), Vitamin B5: 0.59mg (5.89%), Vitamin E: 0.71mg (4.73%), Magnesium: 18.24mg (4.56%), Calcium: 44.79mg (4.48%), Copper: 0.07mg (3.5%), Zinc: 0.43mg (2.85%)