



Spicy Fried Cauliflower with White Cheddar Ranch Dip

READY IN



25 min.

SERVINGS



4

CALORIES



409 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups vegetable oil for frying
- 1 head cauliflower
- 2 eggs
- 2 tablespoons milk
- 0.3 cup cornstarch
- 2 teaspoons paprika
- 1 teaspoon chili powder
- 0.5 teaspoon ground pepper red (cayenne)

- 0.8 teaspoon salt
- 1 cup cream sour reduced-fat
- 1 packet deluxe four-cheese macaroni and cheese dinner white (from box of Cheddar macaroni and cheese dinner)
- 1 oz ranch seasoning (milk recipe)
- 1.5 cups frangelico

Equipment

- bowl
- frying pan
- paper towels
- whisk

Directions

- In 10-inch skillet, heat oil over medium heat.
- Cut cauliflower into florets; discard stems
- In medium bowl, beat eggs and milk with whisk. In large bowl, stir together Bisquick mix, cornstarch, paprika, chili powder, ground red pepper and salt.
- Dip cauliflower florets into egg, then into Bisquick mixture; dip again into egg and coat with Bisquick mixture.
- Place in hot oil; fry until golden brown.
- Transfer fried cauliflower to clean plate lined with napkins or paper towels.
- In small bowl, beat sour cream, cheese powder and dressing mix with whisk until well blended.
- Serve cauliflower immediately with sour cream dip. Enjoy!

Nutrition Facts

PROTEIN 7.77% **FAT 66.81%** **CARBS 25.42%**

Properties

Glycemic Index:45.25, Glycemic Load:1.63, Inflammation Score:-8, Nutrition Score:17.512608839118%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 409.01kcal (20.45%), Fat: 30.91g (47.55%), Saturated Fat: 8.18g (51.11%), Carbohydrates: 26.46g (8.82%), Net Carbohydrates: 22.89g (8.32%), Sugar: 3.48g (3.87%), Cholesterol: 102.86mg (34.29%), Sodium: 1104.35mg (48.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.09g (16.18%), Vitamin C: 70.01mg (84.86%), Vitamin K: 64.28µg (61.22%), Folate: 99.5µg (24.87%), Vitamin A: 1064.36IU (21.29%), Vitamin E: 2.86mg (19.08%), Potassium: 631.81mg (18.05%), Vitamin B6: 0.36mg (17.8%), Vitamin B2: 0.29mg (16.79%), Phosphorus: 162.95mg (16.29%), Selenium: 10.03µg (14.33%), Fiber: 3.56g (14.25%), Calcium: 139.4mg (13.94%), Vitamin B5: 1.35mg (13.54%), Manganese: 0.27mg (13.33%), Magnesium: 34.17mg (8.54%), Vitamin B12: 0.48µg (7.96%), Iron: 1.41mg (7.83%), Vitamin B1: 0.11mg (7.55%), Zinc: 1.07mg (7.15%), Copper: 0.1mg (5%), Vitamin B3: 0.97mg (4.87%), Vitamin D: 0.64µg (4.25%)