

Buffalo Cauliflower Bites



Sirve:

6 servings

Pieza:

12" Electric Oil Core Skillet
1.5 Qt. Double Walled Bowl

Valora: ★★☆☆☆

Contribuido por:

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Descripción de la Receta:

You won't miss the wings with this flavorful recipe. Buffalo cauliflower bites are all the craze these days. Same great taste with less the fat of wings! Simple to make in your Electric Oil Core!

1 head
cauliflower, cut into florets.
1 cup
buffalo sauce
1 cup
flour
1 tbsp
garlic powder
1 tsp
salt
1 tsp
pepper
1/2 cup
water

Preparación :

1. Wash and then dry the cauliflower florets with a paper towel to remove any excess moisture.
2. Preheat electric oil core skillet to 300 F / 150 C.
3. In a bowl, add the flour, seasonings and water and whisk until smooth. Add
4. Pour the batter over the cauliflower florets and toss until coated.
5. Add florets to the skillet and cover. Cook for 5 mins, turn and cook for an additional 5 mins.
6. Add sauce to the cauliflower florets and toss. Cover and cook for an additional 2 mins.
7. Serve immediately with a side of celery and carrot sticks.
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Serve immediately with a side of carrots & celery.

Información nutricional por ración

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Calorías: 119
Grasa Total: 2g
Grasa 0g
Saturada:
Colesterol: 0mg
Sodio: 687mg
Carbohidratos: 21g
Fibra 3g
Dietética:
Azúcar: 0g
Proteína: 4g