

# Crispy Buffalo Cauliflower

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-cauliflower-gondi-recipe>

## Ingredients:

- 1/2 cup all-purpose flour or all-purpose gluten-free flour blend
- 2 tablespoons ground flaxseed or ground chia
- 3/4 cup warm water
- 4 cups corn flakes
- 1/2 teaspoon garlic powder
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 head cauliflower cut into florets
- 1/2 cup Franks Hot Sauce or other similar hot sauce
- 3 tablespoons vegan butter melted

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 44 grams
3. Fat: 2.5 grams
4. Fiber: 5 grams
5. Protein: 8 grams
6. Sodium: 350 milligrams
7. Sugar: 5 grams

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