

# Cauliflower Buffalo Bites

Yield: 6 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/buffalo-meat-recipe-indian>

## Ingredients:

- 1 head cauliflower cut into bite-size florets
- olive oil to drizzle
- 2 teaspoons garlic powder
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 tablespoon melted butter Use coconut oil for vegan option
- 3/4 cup buffalo Frank's, Wing Style hot sauce or other hot wing sauce of choice
- 2/3 cup hot sauce and they have just enough heat.

## Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 5 milligrams
4. Fat: 5 grams
5. Fiber: 2 grams
6. Protein: 2 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 810 milligrams
9. Sugar: 2 grams

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