

Crispy Breaded Cauliflower

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/east-side-king-peanut-butter-buns-recipe>

Ingredients:

- 1 head cauliflower about 2 pounds whole
- 1/2 cup panko breadcrumbs use gluten free panko as necessary
- 1/2 cup cornmeal
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- 1/4 teaspoon turmeric
- 1/2 teaspoon kosher salt
- 1 tablespoon coconut oil
- 1 tablespoon peanut butter
- 1 tablespoon maple syrup
- 2 tablespoons soy sauce or tamari or coconut aminos
- 1/2 tablespoon hot sauce

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 28 grams
3. Fat: 6 grams
4. Fiber: 5 grams
5. Protein: 7 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 870 milligrams
8. Sugar: 7 grams

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