

Roasted Cauliflower with Parmesan

Yield: 3 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/lebanese-roasted-cauliflower-recipe>

Ingredients:

- 1 head cauliflower core cut away and cut into bite-sized flowerets
- 2 tablespoons olive oil enough to coat all the cauliflower
- black ground pepper
- salt
- 3 tablespoons grated Parmesan cheese freshly, depending on the size of your head of cauliflower; I used coarsely grated cheese

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 5 milligrams
4. Fat: 11 grams
5. Fiber: 4 grams
6. Protein: 6 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 410 milligrams
9. Sugar: 4 grams

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