

# Roasted Mexican Cauliflower with Pepitas

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-seeds-papitos-recipe>

## Ingredients:

- 1 lime
- 2 teaspoons ground cumin
- 1/2 teaspoon chili ground ancho
- 1 teaspoon flaky sea salt or kosher salt
- 1/4 teaspoon freshly ground black pepper
- 3 tablespoons Land O Lakes Butter with Olive Oil, divided
- 1 head cauliflower cut into smaller florets, and florets cut in half
- 4 cloves garlic thinly sliced
- 1/4 cup pepitas pumpkin seeds
- 1/4 cup chopped fresh cilantro
- lime wedges fresh

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 25 milligrams
4. Fat: 13 grams
5. Fiber: 5 grams
6. Protein: 6 grams
7. SaturatedFat: 6 grams
8. Sodium: 700 milligrams
9. Sugar: 4 grams

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