

# Oven-Roasted Cauliflower with Tandoori Masala

Yield: 2 min  
Total Time: 5 min

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

## Ingredients:

- 1 whole cauliflower washed and cut into equal-sized florets
- 3 tablespoons olive oil
- 1 garlic clove finely chopped
- 1 teaspoon tandoori masala use more for a spicier version
- salt
- black pepper
- 1/2 teaspoon chilli powder optional
- cauliflower
- veggies
- tandoori masala
- spice
- coriander powder
- Garam Masala
- herbs optional
- cilantro optional
- parsley optional

## Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 28 grams
3. Fat: 21 grams
4. Fiber: 12 grams
5. Protein: 9 grams
6. SaturatedFat: 3 grams
7. Sodium: 510 milligrams
8. Sugar: 8 grams

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