



# Roasted Garlic Parmesan Cauliflower recipe



Crispy cauliflower bites with garlic Parmesan breading, baked in the oven instead of fried. So tasty!

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**Course** Side Dish  
**Cuisine** American  
**Keyword** roasted cauliflower

**Prep Time** 10 minutes  
**Cook Time** 30 minutes  
**Total Time** 40 minutes

**Servings** 6 people  
**Calories** 247 kcal  
**Author** [Anna](#)

## Ingredients

- 1/2 cup butter melted
- 2 garlic cloves minced
- 1 cup Italian or plain breadcrumbs
- 1/2 cup grated Parmesan cheese
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 medium cauliflower head

## Instructions

1. Preheat oven to 400 degrees F. Line a large baking sheet with parchment paper. Set aside.
2. Remove all leaves from cauliflower head. Cut cauliflower into florets, all roughly the same size. You can slice the large florets in half, if needed.
3. Melt butter and in a small bowl. Add garlic and stir in.
4. Place breadcrumbs, salt, pepper and Parmesan cheese in another bowl.
5. Dip each cauliflower piece into butter first, then to breadcrumbs.
6. Place each breaded piece on prepared baking sheet. Repeat until you use up all cauliflower.
7. Roast cauliflower for 35 to 32 minutes, or until the breading is golden brown.

## Recipe Notes

This cauliflower can be served as a side dish or an appetizer along with a dipping sauce, like Ranch. This breading method prevents the coating mixture from falling off the cauliflower pieces. You can also pour the melted butter over cauliflower bites in a bowl and toss gently to coat. Then sprinkle with breading mixture and stir to coat. Bake as instructed in the recipe above.

## Nutrition Facts

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### Amount Per Serving

**Calories** 247      Calories from Fat 162

### % Daily Value\*

<b>Fat</b> 18g	<b>28%</b>
Saturated Fat 11g	<b>69%</b>
<b>Cholesterol</b> 48mg	<b>16%</b>
<b>Sodium</b> 496mg	<b>22%</b>
<b>Potassium</b> 99mg	<b>3%</b>
<b>Carbohydrates</b> 14g	<b>5%</b>
Fiber 1g	<b>4%</b>
Sugar 1g	<b>1%</b>
<b>Protein</b> 6g	<b>12%</b>
<b>Vitamin A</b> 545IU	<b>11%</b>
<b>Vitamin C</b> 8.6mg	<b>10%</b>
<b>Calcium</b> 134mg	<b>13%</b>
<b>Iron</b> 1mg	<b>6%</b>

\* Percent Daily Values are based on a 2000 calorie diet.