



# Baked Buffalo Cauliflower “Wings”

Recipe from [www.centercutcook.com](http://www.centercutcook.com)



## Ingredients

1 head of cauliflower	1 tsp garlic salt	2 Tbsp. unsalted butter
1/2 cup milk	1/2 tsp celery salt	1/2 cup hot sauce
1/2 cup water	1/2 Tbsp. paprika	
3/4 cup all-purpose flour	1/4 tsp salt	Yield: 4 servings
	1/4 tsp ground pepper	Serving Size: 1 cup



## Directions

Preheat the oven to 450F and line a large baking tray with a silicon mat or baking parchment.  
 Cut the cauliflower into chunky florets and put to one side.  
 Add the milk, water, flour, garlic salt, celery salt, paprika, salt and pepper to a large bowl. Mix it all together and add the cauliflower florets.  
 Toss together to completely cover the florets, then use a slotted spoon to lift the florets out of the mixture. Place the florets on the prepared baking tray, leaving a little room between each (don't just tip the bowl out, or you'll end up with a pool of excess batter all over your tray)  
 Place in the oven and cook for 20 minutes, turning once after 10 minutes.  
 Melt the butter in a pan or the microwave and stir in the hot sauce.  
 Remove the cauliflower from the oven and brush the hot sauce mixture all over the cauliflower. Turn the cauliflower over to get it completely covered in the sauce.  
 Place back in the oven for 10-15 minutes until dark golden.  
 Remove from the oven and serve with your favorite dip.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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# Fast Facts



## Featured Food Groups



## Cooking Tips



Serve with your favorite dip, grilled vegetables, bread or crackers

## Nutrition Facts



<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>190</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 4g	<b>20%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 2g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
Sugar Alcohol 0g	
<b>Protein</b> 7g	<b>14%</b>
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 2mg	10%
Potassium 545mg	10%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Second Harvest is an equal opportunity provider.



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