

Cauliflower Popcorn

This fun snack is high in both vitamin C and fiber. Serve it instead of popcorn at your next family movie night.

Serves 4



Ingredients

- 1 head cauliflower cut into bite-sized pieces
- 1 tablespoon olive oil
- ½ teaspoon sea salt

Nutrition Facts

Serving Size About 1 cup
Servings Per Recipe 4

Amount Per Serving

Calories 60 **Calories from Fat 35**

% Daily Value*

Total Fat 3.5g **5%**

 Saturated Fat 0.5g **3%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 200mg **8%**

Total Carbohydrate 7g **2%**

 Dietary Fiber 3g **12%**

 Sugars 3g

Protein 3g

Vitamin A 4% • Vitamin C 160%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Directions

1. Preheat oven to 400 degrees.
2. Spread cauliflower in a single layer on a large baking sheet.
3. Sprinkle with olive oil and salt.
4. Gently toss to combine.
5. Roast for approximately 15 minutes.
6. Remove from oven and stir.
7. Return to oven and roast 15 minutes more or until golden brown.

Please note: nutritional values are approximate.

