



Mann's Cheesy Cauliflower "Rice" Tots

Servings

6 Cauli-Tots

Calories

70

Prep Time

10 minutes

Total Time

20 minutes

Skill Level

Easy

Ingredients

1 (14 ounces) bag Mann's Cauliflower "Rice",
microwaved in bag, seam up, 4 minutes

1 egg

1 cup shredded mozzarella cheese

2 tablespoons Parmesan cheese, grated

1 teaspoon Italian seasoning or ½ teaspoon each dried
oregano & basil leaves

½ teaspoon baking powder

¼ teaspoon garlic powder

¼ teaspoon salt



The Method

Preheat oven to 375° F. Spray a mini muffin tin with spray oil. Mix all ingredients together well and portion amongst mini muffin tin. Bake for 20 minutes until golden brown.

Serve warm with a marinara sauce or any other favorite dip.

Nutrition Facts

Serving Size: 72g | Servings: 24 Cauli-Tots

Amount Per Serving

Calories 70 | Calories from Fat 35 | Total Fat 4g (sat fat 2g trans 0g) | Cholesterol 30mg | Sodium 240mg | Total Carbohydrate 3g |
Dietary Fiber 1g | Sugars 1g | Protein 6g | Vitamin A 2% | Vitamin C 40% | Calcium 2% | Iron 15%