



Creamy Cauliflower Bake

Servings

4

Calories

200

Prep Time

5 minutes

Total Time

40 minutes

Skill Level

Easy

Ingredients

2 (10 ounce) bags Mann's Cauliflower

½ cup ranch salad dressing

¾ cup cheddar cheese, shredded

½ cup bread crumbs, seasoned

Salt and pepper, to taste

The Method

Preheat oven to 400°F.

Bring large pot full of water to boil (large enough for all cauliflower florets). Carefully place Cauliflower into salted boiling water. Leave in boiling water for 5 minutes. Drain and rinse with cold water.

Layer florets into a 9"x 13" casserole dish. Pour Ranch dressing over top. Sprinkle shredded cheese and sprinkle breadcrumbs evenly.

Bake for 30 minutes or until golden brown and cheese has melted.



Nutrition Facts

Serving Size: 210g | Servings: 4

Amount Per Serving

Calories 200 | Total Fat 7g (sat fat 1.5g trans 0g) | Cholesterol 15mg | Sodium 1150mg | Total Carbohydrate 24g | Dietary Fiber 3g | Sugars 4g (Includes 0g Added Sugars) | Protein 10g | Vitamin D 0% | Calcium 10% | Iron 6% | Potassium 10%

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