



825203 - Buffalo Cauliflower

Source: K12 Culinary

Number of Portions: 27

Size of Portion: 1/2 cup

Components:

Meat/Alt:

Grains:

Fruit:

Vegetable: 0.5 cup

Milk:

Recipe Subgroups:

Vegetable, Other

Attributes:

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
002053 VINEGAR,DISTILLED..... 826508 Olive Oil Blend 90/10, Colavita L116... 002031 PEPPER,RED OR CAYENNE..... 799903 GARLIC,GRANULATED..... 002028 PAPRIKA..... 002047 SALT,TABLE.....	1/2 cup 2 Tbsp 1 tsp 1/2 tsp 1 tsp 1/4 tsp	Combine vinegar, olive oil blend, cayenne pepper, granulated garlic, paprika, and salt. Whisk to combine.
011135 CAULIFLOWER,RAW.....	3 LBS (florets, EP)	Pour marinade over cauliflower and toss to coat. Marinate cauliflower for a minimum of two hours, tossing every 30 minutes. Toss again prior to serving. CCP: Hold at 41° F or lower.
		Portion cauliflower into 1/2 c servings using 4 oz spoodle or no. 8 disher. CCP: Hold and Serve at 41° F or lower.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	23 kcal	Cholesterol	0 mg	Sugars	*1.0* g	Calcium	11.70 mg	47.18%	Calories from Total Fat
Total Fat	1.20 g	Sodium	37 mg	Protein	1.00 g	Iron	0.24 mg	5.64%	Calories from Saturated Fat
Saturated Fat	0.14 g	Carbohydrates	2.63 g	Vitamin A	69.7 IU	Water ¹	*50.63* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.06 g	Vitamin C	24.4 mg	Ash ¹	*0.45* g	45.88%	Calories from Carbohydrates
								17.39%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.