

## **Cheesy Cauliflower**

**Number of Servings: About 12** 

Ingredient	
1 each	medium cauliflower head
½ tsp.	Dijon Mustard
1/8 tsp.	ground cumin
1/8 tsp.	ground paprika
1/8 tsp.	ground turmeric
½ cup	fat free mayonnaise
2 cups	part skim mozzarella cheese, shredded

## Nutrition Facts Serving Size About 1/2 cup (78g) Servings Per Container About 12 Amount Per Serving Calories 80 Calories from Fat 35 % Daily Value\* 6% Total Fat 4g Saturated Fat 2g 10% Trans Fat 0g Cholesterol 10mg 3% Sodium 200mg 8% 2% Total Carbohydrate 5g Dietary Fiber 1g 4% Sugars 2g Protein 6g Vitamin A 2% Vitamin C 50% Calcium 15% Iron 2% \*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, 2,000 2,500

Less than

Less than

Less than

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

20g 300mg 2,400mg

300g

250

375g

300mg 2,400mg

Saturated Fat Less than

**Nutrients per serving** 

## Instructions

- 1. Cut away as much green from the cauliflower head as possible.
- 2. Rinse well. Do not shake. Leave some of the water on the head.
- 3. Place in microwave safe dish. Cover with plastic wrap or cover that fits.
- 4. Microwave for 10 minutes.
- 5. Meanwhile, mix mayonnaise, mustard, cumin, paprika and turmeric in small mixing bowl.
- 6. Remove from microwave and cover with mayonnaise mixture.
- 7. Top with mozzarella cheese and let melt. If needed place back in microwave for two minutes to melt.

Total Fat

Cholesterol

Total Carbohydrate

Dietary Fiber

Sodium

This recipe can be part of a well balanced food plan.

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