

# Baked Cauliflower Tots

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Serves 3

## Ingredients:

2 cups grated or finely chopped cauliflower rice  
1 egg  
3 tablespoons flour  
¼ cup grated cheddar cheese  
¼ teaspoon salt



## Directions:

1. Preheat oven to 400 degrees F.
2. Lightly grease a baking sheet.
3. In a medium bowl, combine all ingredients and mix well.
4. Press mixture together to make about 15 small tots and place on the baking sheet with space between each one.
5. Bake for 20 minutes or until cooked through.
6. For extra crispy tots, broil for an extra 2 minutes.

## Nutrition Information per serving (5 tots):

Calories: 107, Total Fat: 5g, Saturated Fat: 3g, Unsaturated Fat: 2g, Cholesterol: 72mg, Sodium: 296mg , Carbohydrate 9g, Fiber: 2g, Sugar: 1g, Added sugar: 0g, Protein: 7g

**SOURCE:** <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/baked-cauliflower-tots>

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