

# Low-Carb Golden Crumbed Cauliflower

Hands-on 15 minutes Overall 40-45 minutes

**Nutritional values (per serving):** Total carbs: 14.5 g, Fiber: 6.7 g, **Net carbs: 7.8 g,**

Protein: 13.4 g, Fat: 26 g, Calories: 318 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 6 servings)

### Crumbed Cauliflower:

1 medium cauliflower, cut in florets (450 g/ 1 lb)

1 1/2 cups [almond flour](#) (150 g/ 5.3 oz)

1/2 cup [coconut flour](#) (60 g/ 2.1 oz)

2 large eggs

1 1/2 tsp [turmeric powder](#)

1/2 tsp smoked paprika

*Optional:* 1/4 tsp chili powder

### Smokey Tomato Dip:

200 grams softened cream cheese (7.1 oz)

6 tbsp unsweetened tomato sauce/passata (90 ml/ 3 fl oz)

1 tbsp smoked paprika

*Optional:* 1/4 tsp chili powder

1/4 tsp ground cumin

## Instructions

1. Preheat oven to 180 °C/ 355 °F (fan assisted), or 200 °C/ 400 °F (conventional). Mix almond flour, coconut flour and spices, except turmeric, in a large bowl.
2. Beat eggs and turmeric powder in a separate bowl.
3. Dip each cauliflower floret into the egg mixture and then coat thoroughly with the seasoned crumb.
4. Place each crumbed floret onto a lined baking sheet. When all the cauliflower is crumbed, bake for about 20 minutes, or until browned. Turn the tray halfway through the cooking time.
5. To make the dip, place all ingredients into a mixer bowl and mix well until light and creamy. Serve the crumbed cauliflower with the Smokey Tomato Dip as a snack or as a side dish with your main meal.

6. You can store the crumbed cauliflower covered in the refrigerator for up to 3 days (coating will get soggy though). The dip can be stored covered in the refrigerator for up to 5 days.

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