

Cauliflower Poppers - Weight Watchers (0 Points)

Serves 8

Prep 10 min

Cook 10 min

Ready 20 min

Ingredients

1 head cauliflower

1/2 tsp ground cumin

1/2 tsp chili powder, or to taste

1/2 tsp black pepper

1 cooking spray



Directions

1. Preheat oven to 400 degrees F (200 degrees C).
2. Cut cauliflower into florets and place in a bowl.
3. Add cumin, chili powder, salt and pepper and toss well to coat.
4. Coat a baking sheet with cooking spray.
5. Spread cauliflower on sheet and bake until tender, about 10 minutes, stirring once during baking.

Nutritional Information:

Whole Recipe

160 calories

12 g protein

31 g carbohydrate

2 g fat

0 g saturated fat

8 servings

20 calories

4 g carbohydrate

2 g protein

0 g fat

0 g saturated fat