

# Things I Like to Eat!

## Cauliflower Pizza

### INGREDIENTS



Nonstick spray

2 1/2 cups cauliflower, grated (about 1/2 a large head)

1 large egg, lightly beaten

1 1/4 cups shredded part-skim mozzarella cheese

2 tablespoons grated parmesan cheese

Kosher salt and freshly ground black pepper

1/4 cup tomato sauce

1 cup grape tomatoes, sliced in half

2 cloves garlic, sliced

1/4 teaspoon crushed red pepper flakes

Fresh basil leaves, optional



### Nutrition Facts

Serving Size 1 serving (407.7 g)

Amount Per Serving

Calories 272

Calories from Fat 131

% Daily Value\*

**Total Fat** 14.5g **22%**

Saturated Fat 7.9g **40%**

**Cholesterol** 128mg **43%**

**Sodium** 617mg **26%**

**Total Carbohydrates** 14.4g **5%**

Dietary Fiber 4.6g **18%**

Sugars 6.5g

**Protein** 23.6g

Vitamin A 7%

Vitamin C 128%

Calcium 10%

Iron 15%

\* Based on a 2000 calorie diet