



Crunchy Parmesan Cauliflower Bites

Servings: 4 *Prep Time:* 10 minutes *Cook Time:* 20 minutes *Total Time:* 30 minutes

Course: Appetizer, Snacks *Cuisine:* American

You only need 30 minutes to make these crunchy and addictive Parmesan cauliflower bites.



5 from 1 vote

Ingredients

- 1/2 head cauliflower cut into bite sized florets
- 1 1/2 cups panko bread crumbs Kikkoman brand preferred for even baking
- 3/4 cup finely ground Parmesan cheese (see note)
- 2 large eggs whisked
- marinara sauce for dipping
- 1 tbsp fresh parsley finely chopped (optional, for garnish)

Instructions

1. Preheat oven to 400°F. Line a large baking sheet with parchment paper.
2. Add panko and cheese to a large bowl and then mix together until thoroughly combined. Dip cauliflower in egg mixture and then shake a few times so that excess egg drips off. You don't want to dampen your breadcrumbs with excess egg because then they won't stick to the cauliflower. Then roll in bread crumb mixture until fully coated and place on a baking sheet lined with parchment paper. You may need to press on the coating to help get it to stick to the cauliflower bites. Repeat until all cauliflower is coated.
3. Bake for about 20-25 minutes until coating is a dark golden brown and crunchy. Sprinkle with parsley. Serve with marinara sauce.

Notes

I used shredded Parmesan cheese and put it through a food processor until the crumbs were the same size as the panko breadcrumbs.

Nutrition

Serving: 0.25 of recipe, Calories: 366kcal, Carbohydrates: 51.5g, Protein: 21.6g, Fat: 8.8g, Saturated Fat: 4g, Sodium: 632.4mg, Fiber: 3.3g, Sugar: 4.1g, NET CARBS: 48

The nutrition information provided are only estimates based on an online nutritional calculator. I am not a certified nutritionist. Please consult a professional nutritionist or doctor for accurate information and any dietary restrictions and concerns you may have.

Did you make this recipe?

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