Baked Buffalo Cauliflower Bites

Oven Baked Buffalo Cauliflower Bites are a fun and easy appetizer or snack made with just a few simple ingredients.

4.84 from 390 votes

PREP TIME	COOK TIME	TOTAL TIME
5 mins	30 mins	30 mins

SERVINGS: 4 servings CALORIES: 92kcal CHEF: Jessica Randhawa

Ingredients

- [ ] 1 large head of cauliflower cut into small florets
- [ ] 1/2 cup Frank's RedHot Sauce plus more for serving
- [ ] 2 tablespoon butter melted
- [ ] 1 tablespoon olive oil
- [ ] 1 tablespoon fresh lemon juice
- [ ] 1/2 teaspoon garlic powder
- [ ] 1 teaspoon salt

Instructions

1. Preheat oven to 425 degrees F and line a large baking sheet with parchment paper. Set aside. Transfer cauliflower florets to a large bowl.
2. In a small bowl whisk together the hot sauce, melted butter, olive oil, lemon juice, garlic powder, and salt. Whisk well to combine. Pour the hot sauce mixture over the cauliflower florets and toss well to coat.
3. Spread the cauliflower in a single layer over a lined baking sheet and bake for 25-30 minutes, gently tossing the cauliflower approximately halfway through cooking. Cook until the cauliflower is fork-tender and browned around the edges. Season with black pepper, if desired.

Notes

If you like extra crispy edges, set the oven to broil in the last 2 minutes of baking and cook until just brown around the edges.

Some readers have mentioned that their cauliflower bites come out less soggy when they bake their cauliflower florets in a little olive oil *first*, before adding any hot sauce. After the cauliflower is baked, then they transfer to hot sauce mixture and toss to coat. Let me know what works best for you!

Buffalo cauliflower is best enjoyed immediately.

Nutrition

Calories: 92kcal | Carbohydrates: 2g | Protein: 0g | Fat: 9g | Saturated Fat: 4g | Cholesterol: 15mg | Sodium: 1168mg | Potassium: 108mg | Fiber: 0g | Sugar: 0g | Vitamin A: 205IU | Vitamin C: 29.3mg | Calcium: 6mg | Iron: 0.2mg

Did you make this recipe?

Tag @theforkedspoon and hashtag it #theforkedspoon and please leave your star rating in the comment section on this post.

Exclusive Member of Mediavine Food