

Buffalo Cauliflower - CACFP



General Information

Recipe #	Category	Source
1756567	Vegetables 	Local

Ingredients

Name	Quantity	+ Quantity 2
Cauliflower, raw	3 lbs., 12 oz.	
Butter, without salt	¼ c.	
Buffalo Sauce 6/5# 30#	8 oz.	
Lemon juice, raw	2 tbsp.	

Preparation Instructions

HACCP Process: #2 - Same Day Service

- 1.Preheat the oven to 400 F.
2. Prepare the cauliflower into florets.
3. Whisk the butter, hot sauce and lemon juice.
4. Toss the cauliflower in the hot sauce mixture until well coated.
5. Spread the cauliflower onto a sheet tray and roast untilbeginning to brown and tender, about 20 minutes.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Vegetables can be steamed from fresh, frozen or canned product. Wash, peel and cut up product into desired size pieces, if needed.

Place product in a clean perforated pan.

Vegetables can be steamed in an oven, steam kettle or steamer. To steam in an oven, place perforated pan in a 4" deep pan that contains at least 2 cups of water. Cover tightly with foil. To steam in a steamer, follow instructions for your particulate steamer. Do not add water to vegetables. To steam in a steam jacketed kettle, follow manufacturer instructions.

CCP: Heat to 135° F or higher for at least 15 seconds.



Buffalo Cauliflower - CACFP

Serving Size	Yield
0.5 Cup	25.00

Nutrition Facts

Serving Size 0.5 Cup (80 gm)

Amount Per Serving		
Calories		45.919
% Daily Value*		
Total Fat	2.961 gm	4.556%
Saturated Fat	1.371 gm	6.856%
Trans Fat	0.016* gm	
Cholesterol	4.880 mg	1.627%
Sodium	45.582 mg	1.899%
Total Carbohydrate	4.175 gm	1.392%
Dietary Fiber	1.508 gm	6.031%
Total Sugars	1.702 gm	
Includes 0.000 * gm of Added Sugars		
Protein	1.456 gm	2.912%
Vitamin A	32.551 mcg RAE	3.617%
Vitamin C	34.217 mg	57.028%
Vitamin D	0.000* mcg	
Calcium	18.723 mg	1.872%
Iron	0.344 mg	1.909%
Potassium	205.238* mg	4.367%
Saturated Fat % of Calories		26.876 %
Added Sugar % of Calories		0.000 %

Remove product from steamer, kettle or oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Product should be served immediately. Ensure that hot food is held at a temperature above 135° F.

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 135 degrees must be removed from service until such time as they are reheated to 135 degrees. Any food not eaten after reheating must be discarded.

CCP: The quality of vegetables deteriorates quickly after cooking. Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Record time and internal temperature of completed recipe on daily log.

Dates

Last Updated	Created
02-02-2026	02-27-2025

* Indicates missing Nutrient Information.
^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Component	Measurement
Other Vegetables	0.5 cups

Added Sugar Limitations ⓘ

Not applicable.

Edit Recipe