

Instant Pot Garlic Parmesan Whole Roasted Cauliflower

This Instant Pot Parmesan Whole Roasted Cauliflower is so delicious. Either as a meal or as a side dish. Keto friendly and delicious!

PREP TIME
2 minutes

COOK TIME
1 minute

TOTAL TIME
3 minutes



Ingredients

- 1 head of cauliflower
- 1/4 cup butter melted
- 1 clove garlic minced
- 1 teaspoon grated lemon zest
- 2 tablespoons parsley chopped
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 tablespoons parmesan cheese

Instructions

1. Trim leaves from cauliflower head and wash. Place on trivet in your pot with 1/2 - 1 cup of water.
2. Combine butter, garlic, lemon zest, parsley, salt and pepper. Brush mixture on top of cauliflower. Slather it up good.
3. Close the lid, make sure it's in the sealing position and turn toggle to seal.
4. Press Pressure (it should automatically set to HIGH pressure). Set time to 1 minutes. Hit START. When finished do a quick release.

For an extra crispy finish

1. Carefully remove your cauliflower head & place on a baking sheet.
2. Sprinkle 2 TBSP of Parmesan cheese over the top and sides.
3. Place in the oven on broil until your cheese is starting to brown.

Notes

Adapted from [Spend with Pennies Garlic Parmesan Whole Roasted Cauliflower](#).

Nutrition Information: YIELD: 4 SERVING SIZE: 1

Amount Per Serving: CALORIES: 148 TOTAL FAT: 13g SATURATED FAT: 8g TRANS FAT: 0g
UNSATURATED FAT: 4g CHOLESTEROL: 33mg SODIUM: 296mg CARBOHYDRATES: 7g FIBER: 3g SUGAR: 3g
PROTEIN: 4g

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CUISINE: American

<https://www.sparklestosprinkles.com/instant-pot-garlic-parmesan-whole-roasted-cauliflower/>

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