

Air Fryer Cauliflower

PREP TIME	5 minutes
COOK TIME	14 minutes
TOTAL TIME	19 minutes
SERVINGS	4
AUTHOR	Holly Nilsson



★★★★★
5 from 12 votes

Seasoned Air Fryer Cauliflower is ready in less than 20 minutes, making it the perfect side dish!

Ingredients

- 1 head cauliflower cut into florets
- 2 tablespoons olive oil
- ½ teaspoon garlic powder
- salt & black pepper to taste
- ⅓ cup parmesan cheese finely shredded

Instructions

1. Cut cauliflower into florets. Wash and drain very well.
2. Combine olive oil, garlic powder, salt, and pepper in a small bowl. Toss with cauliflower.
3. Preheat air fryer to 390°F.
4. Place cauliflower in the air fryer basket and cook 12 minutes.
5. Sprinkle with parmesan and cook an additional 2-3 minutes or until florets reach desired doneness.

Notes

If the cauliflower is wet (after washing) it will steam instead of roast so be sure to drain very well. If possible, I try to wash the cauliflower the day before roasting.

For crispier cauliflower, cook in small batches in a single layer. Place all cauliflower in the air fryer together for 2 minutes before serving to heat.

To reheat, air fry 3-4 minutes or until heated through.

Nutrition Information

Calories: 132, Carbohydrates: 8g, Protein: 6g, Fat: 10g, Saturated Fat: 2g, Cholesterol: 6mg, Sodium: 177mg, Potassium: 430mg, Fiber: 3g, Sugar: 3g, Vitamin A: 65IU, Vitamin C: 69mg, Calcium: 130mg, Iron: 1mg

(Nutrition information provided is an estimate and will vary based on cooking methods and brands of ingredients used.)

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