



Air-Fryer French Onion Cauliflower



1/2 of recipe (about 1 1/2 cups): 133 calories, 7g total fat (1g sat. fat), 335mg sodium, 15g carbs, 6.5g fiber, 6g sugars, 5g protein

[Click for WW Points® value*](#)

Prep: 5 minutes **Cook:** 15 minutes



More: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

5 cups (about 1 large head) cauliflower florets
1 tbsp. olive oil
1 tbsp. [French onion \(or traditional onion\) soup/dip seasoning mix](#)

Directions

Place cauliflower in a large bowl. Add oil, and toss to coat. Sprinkle with seasoning mix, and toss to coat.

Place 2 tbsp. water in the base of an air fryer. (This will prevent smoking.)

Set air fryer to 400°F. Cook until tender and lightly browned, 10–12 minutes.

MAKES 2 SERVINGS

Oven Alternative: Bake at 425°F until tender and lightly browned, 15–20 minutes.

So easy to make... Need proof? [Click to watch](#) the quick video!

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.