



Deep-Dish Cauliflower Pizza Bowl



Entire recipe: 217 calories, 7.5g total fat (3.5g sat fat), 892mg sodium, 19g carbs, 3.5g fiber, 3g sugars, 19g protein

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

Purple Plan [SmartPoints](#)® value 4*

Prep: 5 minutes **Cook:** 5 minutes or less



Tagged: [Recipes for Sides, Starters & Snacks](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

- 1/2 cup riced cauliflower, cooked and drained (I used [Green Giant](#))
- 2 tbsp. whole-wheat flour (or whatever kind you have on hand)
- 1 1/2 tbsp. (about 1 large) egg white or fat-free liquid egg substitute
- 1 tbsp. grated Parmesan cheese
- 1/2 tsp. baking powder
- Dash Italian seasoning
- 2 tbsp. marinara sauce (preferably with 70 calories or less per 1/2-cup serving)
- 1 stick light string cheese, chopped or shredded
- 4 pieces turkey pepperoni, chopped

Directions

In a wide microwave-safe mug or small bowl sprayed with nonstick spray, combine cauliflower, flour, egg white/substitute, Parm, baking powder, and Italian seasoning.

Mix thoroughly, and press to form the crust. Microwave for 1 1/2 minutes, or until set.

Top with sauce, chopped/shredded cheese, and chopped pepperoni. Microwave for 30 - 40 seconds, or until cheese has melted.

MAKES 1 SERVING

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.