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Costco cauliflower pizza instructions

The creator behind Costco Food Database shares his experience with the Kirkland Signature Supreme Cauliflower Pizza. As a self-proclaimed Costco enthusiast, Greg Larkin is passionate about reviewing and rating the store's food offerings. When he's not exploring the aisles, you can find him cooking up a storm in his kitchen. This cauliflower crust pizza hits the spot, with its crispy texture being just right for me. My wife prefers a thicker crust, though. The flavor of cauliflower is there, but it doesn't overpower everything else. I'd compare this to a regular Supreme Pizza from the freezer section, but made with cauliflower instead. Since it uses cauliflower, this pizza is gluten-free, which is cool. Keep in mind that it's not low-carb or low-calorie; one serving (half the pizza) has 310 calories, 15g of fat, 900mg of sodium, and 31g of carbs. Compared to other pizzas out there, though, this is a relatively healthier option. If you're looking for some gluten-free sides to go with your pizza, here are some ideas: a simple mixed green salad with veggies like cucumber and cherry tomatoes, roasted vegetables like bell peppers or carrots tossed in olive oil and herbs, garlic and herb roasted potatoes that get crispy in the oven, a Caprese salad with fresh mozzarella and basil, quinoa salad made with gluten-free grains and veggies, or steamed/sautéed broccoli or green beans seasoned with garlic and lemon. One great thing about this cauliflower pizza is its value. Costco sells them as two large pizzas for \$11.99, which works out to about \$6 per pizza. That's a pretty good deal for what you get: halfway healthy is a good option. If you're unsure about the pizzas, check out the boxed food section and compare prices with the Melinaro Cauliflower Pizza Kit. The Kirkland Signature Supreme Cauliflower Pizza from Costco has received great reviews online, so I thought it was worth trying. We'll cover more on cooking instructions, taste test, and side dishes. The package provides oven baking instructions: preheat to 425F, place on center rack, bake for 17-19 minutes. For extra flavor, add sour cream after baking. For air fryer cooking, set to 400F, cook for 10 minutes. A full-sized air fryer is needed. Supreme Pizza, boasting a cauliflower crust, offers a Gluten-Free option. While it may not be a low-carb or low-calorie meal, each serving (two slices) packs 310 calories, with 15g of fat, 45mg of cholesterol, and 900mg of sodium. Here are some gluten-free side dishes that pair well: Mixed Green Salad, Roasted Vegetables, Garlic and Herb Roasted Potatoes, Caprese Salad, Quinoa Salad, or Steamed/Sautéed Vegetables. To ensure a gluten-free meal, double-check the ingredient labels. Costco sells these pizzas in a pack of two for \$11.99 (about \$6 per pizza), making it a good value. Looking into the Signature Supreme Cauliflower Pizza from Costco, we noticed it has gained popularity on sub-Reddits and Facebook groups. We'll dive into cooking instructions, taste test, side dishes, calories, and whether it's a good deal. For baking, follow the oven instructions: preheat to 425F, place directly on center rack, and bake for 17-19 minutes until cheese is golden brown. Alternatively, use an air fryer at 400F for 10 minutes with similar results. Looking for a low-calorie meal option that's also healthier than traditional pizza? This single serving of Kirkland Signature Supreme Cauliflower Pizza from Costco is a great choice, with only 310 calories and minimal fat. A serving size consists of two slices, or 1/4 of the pizza. To make this meal even more enjoyable, consider pairing it with some gluten-free side dishes. A simple mixed green salad with fresh vegetables and a gluten-free vinaigrette is a light and refreshing option. Roasted vegetables, such as bell peppers and zucchini, can add a burst of flavor and color to the dish. Other options include garlic and herb roasted potatoes, Caprese salad with fresh mozzarella and basil, quinoa salad with diced vegetables and herbs, and steamed or sautéed vegetables seasoned with lemon juice and garlic. The Kirkland Cauliflower Pizza is a great value at \$11.99 for a package of two large pizzas, working out to about \$6 per pizza. Looking at the Cauliflower Pizza at Costco, it seems like a solid deal. The instructions for cooking it are straightforward and easy to follow, whether you're using an oven or an air fryer. If you want to take it to the next level, adding sour cream as a topping can make all the difference. For the oven method, preheat to 425F and cook for 17-19 minutes. Let it cool for a few minutes before slicing into it. To cook in an air fryer, set it to 400F and follow the same cooking time of 10 minutes. Just be sure to slice it immediately after. I tried this pizza with some quinoa salad on the side and was pleased with the result. The cauliflower crust is thin and crispy, and the toppings are generous. One thing to keep in mind is that this isn't a low-carb or low-calorie meal. A single serving (1/4 of the pizza) has around 310 calories, as well as 15g of fat. Given article text here The Kirkland Cauliflower Pizza from Costco is a healthier pizza option compared to others. It contains 31g of protein and 11% of the daily value, making it a better choice for those looking for a gluten-free meal. Some suitable side dishes to serve with this pizza include a mixed green salad with vegetables like cucumber and cherry tomatoes, roasted vegetables such as bell peppers and zucchini, garlic and herb roasted potatoes, a Caprese salad with fresh mozzarella and basil, quinoa salad with diced vegetables and herbs, or steamed or sautéed vegetables. Always check the ingredient labels to ensure they are gluten-free. The Kirkland Cauliflower Pizza is available in a package of two large pizzas for \$11.99, which works out to a cost of about \$6 per pizza. cooking a costco cauliflower pizza, check out this step-by-step guide from prep to perfect crust. essential tips include preheatin the oven to just the right temp (425°f), choosin the best bakin sheet, and makin sure that cheese is melted and crust is golden brown, with these easy methods - oven, air fryer, or microwave - you'll be enjoyin a gourmet pizza at home in no time. ready to upgrade your dinner game? let's get started! how to cook costco cauliflower pizza: the quick version cookin costco's cauliflower pizza: best temp is 425°f - bake for 12-15 min, or till cheese is melted and crust is browned some tips for cookin costco's cauliflower pizza: oven method preheat oven to 425°f unwrap pizza and place it on center rack bake for 15-20 min, or till internal temp reaches 165°f let cool for 3 min air fryer method preheat air fryer to 400°f place frozen pizza in basket (slice if needed) cook for 12-15 min, or till heated through let cool for 3 min microwave method microwave whole pizza on high for 7-11 min or slice and microwave each portion for 2 min key is to reach internal temp of 165°f for full heat. cookin longer can help achieve crispy crust. enjoy your costco cauliflower pizza! unpacking the costco cauliflower pizza ingredients and nutritional info when you first explore how to cook costco cauliflower pizza, you'll find it's packed with wholesome elements. typical ingredients include: cauliflower cheese (like mozzarella) tomato sauce olive oil this cauliflower base offers fewer calories and carbs, makin it a guilt-free indulgence. perfect for those on keto diet or lookin for keto recipes! packaging and storage costco cauliflower pizza is securely sealed to maintain freshness. vacuum-sealed packaging keeps it freezer-ready until you're ready to use it. store in freezer upon purchase, and just keep frozen. shelf life and expiration details are usually printed on box. pay attention to these to enjoy best quality. preparing for cookin pre-cookin preparations gather right kitchen tools and equipment: bakin sheet (preferably lined with parchment paper) pizza cutter oven mitts a well-organized kitchen setup can streamline your cooking process. make sure you have plenty of counter space and all tools within reach. Cooking Costco Cauliflower Pizza: A Step-by-Step Guide The packaging provides a detailed review of the cooking instructions, which is essential to follow. To ensure a perfect crust, it's crucial to: Bake directly from frozen and use a preheated oven to avoid common mistakes. Tips for first-time users include monitoring your pizza for even cooking and avoiding overcooking. Oven Cooking Method: Preheat oven to 425°F, place the frozen pizza on a baking sheet, and bake for 12-14 minutes. Temperature control is key to achieving perfection. Alternative Cooking Methods: Air Fryer: Faster cooking but may not fit larger pizzas. Grill adds smoky flavor but requires attention to avoid burning. Microwave: Use only for quick reheating; results in a less crispy crust. Customizing Your Pizza Add extra toppings such as bell peppers, mushrooms, and cheese for a Mediterranean twist. Consider healthy options like avocado, arugula, or roasted garlic. Pairing with Side Dishes Enjoy your pizza with a glass of red wine or sparkling water, paired with salads, vegetables, or simple side dishes like garlic bread. Common Issues and Troubleshooting Ensure even cooking by preheating the oven fully and allowing airflow around the pizza. Avoid soggy crusts by baking directly on a pizza stone. Tips from Experienced Cooks Keep a close watch on the oven timer and use high-quality cheese for better melt and flavor. Health Benefits of Cauliflower Pizza This option is great for low-carb and gluten-free diets, offering a significant reduction in calories and carbs compared to traditional pizza. Dietary Restrictions and Modifications Adapt your pizza with vegan alternatives or make nutritional adjustments by opting for extra veggies over meats. Always check ingredient labels for those with allergies. FAQ On How To Cook Costco Cauliflower Pizza: Preheat the oven to 425°F for a crispy crust, and don't skip this step to achieve perfect results. To elevate your Costco pizza game, use a baking sheet lined with parchment paper or place it directly on an oven-safe pizza stone for a crisper base. Cooking time is usually around 12-14 minutes; check the cheese at the 10-minute mark and give it more time if needed. You can customize toppings like extra cheese or Italian seasoning, but keep in mind that thawing the pizza beforehand can lead to a soggy crust. This cauliflower pizza is gluten-free, making it an excellent option for those on a gluten-free diet. To check if it's done, look for melted cheese and golden brown crust edges; you can also use a food thermometer. For convection ovens, lower the temperature to 400°F and start checking at the 10-minute mark. When slicing, use a sharp pizza cutter or large chef's knife, cutting straight down to avoid dragging toppings. Let it cool for a minute before slicing to set the toppings in place. This low-carb, gluten-free pizza can be part of a healthy diet when paired with a mixed greens salad. By following these steps - preheating to 425°F, using the right baking sheet or stone, and cooking from frozen - you'll achieve perfect golden edges and melted cheese every time. Enjoy customizing your Costco cauliflower pizza with favorite ingredients, and watch it become a regular favorite in your household. You should really check out this article on cooking Dungeness crab from Costco - it's a game-changer! And if you're looking for more, there are also some great guides out there on whipping up Costco's chicken pot pie, lobster tails, street tacos, and lasagna. Don't forget about the stuffed salmon and ribeye cap steak either, plus some super helpful tips on cooking a whole Costco Thanksgiving dinner and those convenient Starbucks egg bites!