



Cauliflower Rice

Prep Time 15 mins
 Total Time 25 mins
 Meal Type Lunch,Dinner,Side
 Contributed By



Source Living Plate

Servings 4



Ingredients

lb,c g,ml

- 4 Tbs olive oil
- 1 medium onion, *diced*
- 1 cup celery, *finely diced*
- 1 Head cauliflower, *trimmed and coarsely chopped*
- 1/4 tsp salt

Directions

Prep

1. Chop onion and celery.
2. Trim cauliflower. Hold entire head and shred on box shredder to create rice. Alternatively, you can chop finely or place florets in food processor and chop to resemble rice grains.

Make

1. In a large skillet, heat olive oil over medium heat.
2. Sauté onion for 8 minutes, until soft.
3. Add celery to skillet and sauté 5 minutes more.
4. Add cauliflower to skillet, cover and cook 5–10 minutes, until soft, then add salt to taste.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories 171	per serving	Total Fat 14.0g	21%	Total Carbohydrates 11g	3%
		Saturated Fat 2.1g	10%	Dietary Fiber 4g	15%
		Trans Fat 0.0g		Total Sugars 4g	
		Cholesterol 0mg	0%	Protein 3g	
		Sodium 211mg	9%		
Vitamin D 0mcg 0% · Calcium 49mg 4% · Iron 1mg 4% · Potassium 545mg 11%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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