



Basic Cauliflower Rice

Prep Time 15 mins
 Total Time 25 mins
 Meal Type Lunch,Dinner,Side
 Contributed By **LivingPlateRx**
 Source Living Plate Teaching Kitchen
 Servings 4



Ingredients

lb,c g,ml

- 1 Head cauliflower, *trimmed*

Directions

Prep

1. 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. Use in recipes in place of rice.
2. If enjoying alone, steam rice in a steamer basket over boiling water for 2 mins.

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*	* 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.
Calories per serving 37	Total Fat 0.4g	0%	Total Carbohydrates 7g	2%	
	Saturated Fat 0.2g	0%	Dietary Fiber 3g	11%	
	Trans Fat 0.0g		Total Sugars 3g		
	Cholesterol 0mg	0%	Protein 3g		
	Sodium 44mg	1%			
	Vitamin D 0mcg 0% · Calcium 32mg 3% · Iron 1mg 3% · Potassium 440mg 9%				

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