

Basic Cauliflower Rice



<i>Prep Time</i>	15 Mins
<i>Total Time</i>	25 Mins
<i>Meal Type</i>	Lunch, dinner, side
<i>Servings</i>	4
<i>Contributed By</i>	

Salad

Ingredients

- 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*		
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%					

* 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.