



Healthdor

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Cauliflower "Rice" ♦♦

Cauliflower "Rice" is a healthy and low-carb alternative to traditional rice. It is made by grating or processing cauliflower into small, rice-like pieces. It can be used as a base for stir-fries, curries, or as a side dish. Cauliflower "Rice" is suitable for vegetarians.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	cauliflower
2 tbsp	olive oil
1 teaspoon	salt
1 teaspoon	pepper

Directions

Step 1

Cutting

Cut the cauliflower into florets.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Grating

Grate the cauliflower florets using a food processor or a grater to achieve rice-like texture.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stove

Heat olive oil in a large skillet over medium heat.

Prep Time: 0 mins

Cook Time: 2 mins

Step 4

Stir-frying

Add the grated cauliflower to the skillet and stir-fry for 5-7 minutes, until tender.

Prep Time: 0 mins

Cook Time: 7 mins

Step 5

Season with salt and pepper to taste.

Prep Time: 0 mins

Cook Time: 1 mins

Nutrition Facts

Calories: 25 kcal

Fat: 2 g

Protein: 2 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	2 g	7.14%	8%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	0 iu	0%	0%
Vitamin C	45 mg	50%	60%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	2 mg	0.2%	0.2%
Iron	2 mg	25%	11.11%
Potassium	270 mg	7.94%	10.38%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Spring

Summer

Fall

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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