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Easy Cauliflower Rice ♦♦

A simple and healthy recipe for cauliflower rice. It can be served as a side dish or used as a base for stir-fries and other dishes.

Recipe Type: Standard

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
0.5 teaspoon	Black pepper
0.5 teaspoon	Garlic powder

0.5
teaspoon Onion powder

Directions

Step 1

Cutting

Cut the cauliflower into florets.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blending

Place the cauliflower florets in a food processor and pulse until they resemble rice grains.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stove

Heat the olive oil in a large skillet over medium heat.

Prep Time: 0 mins

Cook Time: 2 mins

Step 4

Stove

Add the cauliflower rice to the skillet and cook for 5-7 minutes, stirring occasionally, until it becomes tender.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Stove

Season with salt, black pepper, garlic powder, and onion powder. Stir to combine.

Prep Time: 0 mins

Cook Time: 1 mins

Step 6

Remove from heat and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 25 kcal

Fat: 2 g

Protein: 1 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	1 g	2.63%	4%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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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)
Vitamin A	0 iu	0%	0%
Vitamin C	45 mg	50%	60%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%
Iron	2 mg	25%	11.11%
Potassium	6 mg	0.18%	0.23%
Zinc	1 mg	9.09%	12.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Winter Summer Fall

Events

Easter Barbecue

Cuisines

Italian Mexican American

Nutritional Content

Low Calorie Low Fat Low Carb High Fiber Low Sodium High Vitamin C
High Iron

Kitchen Tools

Blender

Course

Appetizers Side Dishes Salads Snacks

Meal Type

Lunch Dinner Snack Supper

Difficulty Level

Easy

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