

Cauliflower Rice

Ingredients:

- 1 small cauliflower
- 1/2 cup vegetable broth or water
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder



Servings: 2



*VEGAN



*GLUTEN-FREE

Instructions:

1. Wash the cauliflower and remove the florets.
2. Place the florets in a food processor and pulse until you get a rice texture.
3. Heat up a non-stick pan, add the water or vegetable broth, then add the cauliflower and mix well. Place a lid and cook for about 5 minutes, stirring from time to time and adding more liquid as needed.
4. Add other seasonings of your preference to taste.

Recipe by Maggie Carneiro

Nutrition Facts	
2 servings per container	
Serving size	1 Cup (275g)
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 5g	18%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 53mg	4%
Iron 1mg	6%
Potassium 648mg	15%
*The % Daily Value 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.	