

Indian Cauliflower Rice

Yield: 4 min
Total Time: 9 min

Recipe from: <https://www.recipeschoose.com/recipes/best-indian-cauliflower-rice-recipe>

Ingredients:

- 1 tablespoon olive oil
- 1 teaspoon mustard seeds
- 12 ounces cauliflower rice frozen or fresh
- 1 teaspoon salt adjust to taste
- 1 teaspoon turmeric
- 1 teaspoon Kashmiri red chili powder or cayenne
- 1 teaspoon ground coriander
- lime uncheckeSqueeze of
- 3 tablespoons chopped cilantro

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 8 grams
3. Fat: 3.5 grams
4. Fiber: 3 grams
5. Protein: 2 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 620 milligrams
8. Sugar: 2 grams

Thank you for visiting our website. Hope you enjoy Indian Cauliflower Rice above. You can see more 15 best indian cauliflower rice recipe Discover culinary perfection! to get more great cooking ideas.