

Mexican Cauliflower Rice

Yield: 4 min
Total Time: 22 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-crumble-cookies-recipe>

Ingredients:

- 1 pound cauliflower rice see notes
- 1 tablespoon avocado oil
- 1/2 onion diced
- 1/2 jalapeno minced
- 2 cloves garlic minced
- 2 tablespoons tomato paste
- 1 teaspoon cumin
- 1 teaspoon salt
- 2 tablespoons cilantro minced

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 9 grams
3. Fat: 3.5 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. Sodium: 690 milligrams
7. Sugar: 4 grams

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