

# Chinese Fried Cauliflower & Brown Rice

Yield: 4 min  
Total Time: 22 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-fried-cauliflower-recipe>

## Ingredients:

- 1 head cauliflower
- 1/2 cup brown rice
- 1/2 cup frozen peas thawed, or fresh
- 1/2 cup corn frozen organic, thawed, or fresh
- 1 white onion small, chopped or half of large onion, chopped
- 2 cloves garlic chopped
- 1 chili fresno, chopped, optional
- 3 tablespoons soy sauce to taste
- 1 teaspoon extra virgin olive oil
- 1 drop sesame oil
- salt
- pepper

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 5 milligrams
4. Fat: 3 grams
5. Fiber: 6 grams
6. Protein: 9 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 980 milligrams
9. Sugar: 6 grams

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