

Cauliflower Fried Rice

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 1 head cauliflower
- 4 cups rice
- 1 teaspoon sesame oil
- 1/2 yellow onion finely diced
- 1/2 cup frozen peas /carrots
- 1/4 teaspoon ground ginger
- 1 teaspoon red pepper flakes omit if you don't want it spicy
- 2 cloves garlic pressed or minced
- 2 tablespoons tamari soy sauce, if gluten free
- 1 tablespoon lime juice
- 2 tablespoons sliced green onions
- 2 tablespoons chopped cilantro

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 67 grams
3. Fat: 1 grams
4. Fiber: 4 grams
5. Protein: 9 grams
6. Sodium: 570 milligrams
7. Sugar: 5 grams

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