

Cheesy Broccoli Cauliflower Rice

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 4 cups cauliflower rice
- 2 cups rice broccoli
- 1 tablespoon extra virgin olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 tablespoons butter
- 1/2 cup heavy whipping cream
- 1 teaspoon mustard powder
- 8 ounces sharp cheddar cheese

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 130 milligrams
4. Fat: 45 grams
5. Fiber: 2 grams
6. Protein: 19 grams
7. SaturatedFat: 26 grams
8. Sodium: 770 milligrams
9. Sugar: 3 grams

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