

Mardi Gras Fried Cauliflower "Rice"

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mardi-gras-side-dishes-recipe>

Ingredients:

- 1 tablespoon oil {I used coconut oil}
- 1 yellow bell pepper diced
- 1 green bell pepper diced
- 4 stalks celery diced
- 1 onion diced
- 2 cloves garlic minced
- 6 cups cauliflower riced, {about 1 medium head of cauliflower}
- 1/2 teaspoon paprika
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 pound peeled shrimp

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 170 milligrams
4. Fat: 6 grams
5. Fiber: 5 grams
6. Protein: 27 grams
7. Sodium: 380 milligrams
8. Sugar: 5 grams

Thank you for visiting our website. Hope you enjoy Mardi Gras Fried Cauliflower "Rice" above. You can see more 10+ mardi gras side dishes recipe Elevate your taste buds! to get more great cooking ideas.