

# Vietnamese Cauliflower

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 1 cauliflower large, cut into bite-size flowerets
- 1 tablespoon canola oil
- 2 shallots thinly sliced
- 3 cloves garlic minced
- 2 soy sauce tablesp, shoyu
- 3 tomatoes peeled, seeded, and cubed
- 1 small onion thinly sliced
- 2/3 cup vegetable stock
- 1/2 teaspoon lemon juice
- 2 teaspoons sugar white or light brown
- 2 scallions thinly sliced, both white and green parts
- chopped cilantro for garnish, optional

## Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 25 grams
3. Fat: 3.5 grams
4. Fiber: 4 grams
5. Protein: 6 grams
6. Sodium: 380 milligrams
7. Sugar: 8 grams

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