

Cauliflower Rice Tabouleh

Yield: 5 min
Total Time: 130 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-mint-chicken-rice-recipe>

Ingredients:

- 6 cups rice grated cauliflower, aprox one head
- 2 tablespoons olive oil
- 1/3 cup chicken or veggie stock
- 1 teaspoon salt
- 1/4 cup red onion finely chopped
- 1 red pepper diced
- 1/2 cup pitted kalamata olives cut int halves
- 1 tablespoon chopped parsley
- 1 teaspoon mint chopped
- 1/2 lemon
- salt
- pepper

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 70 grams
3. Cholesterol: 10 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams
6. Protein: 8 grams
7. SaturatedFat: 1 grams
8. Sodium: 760 milligrams
9. Sugar: 1 grams

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