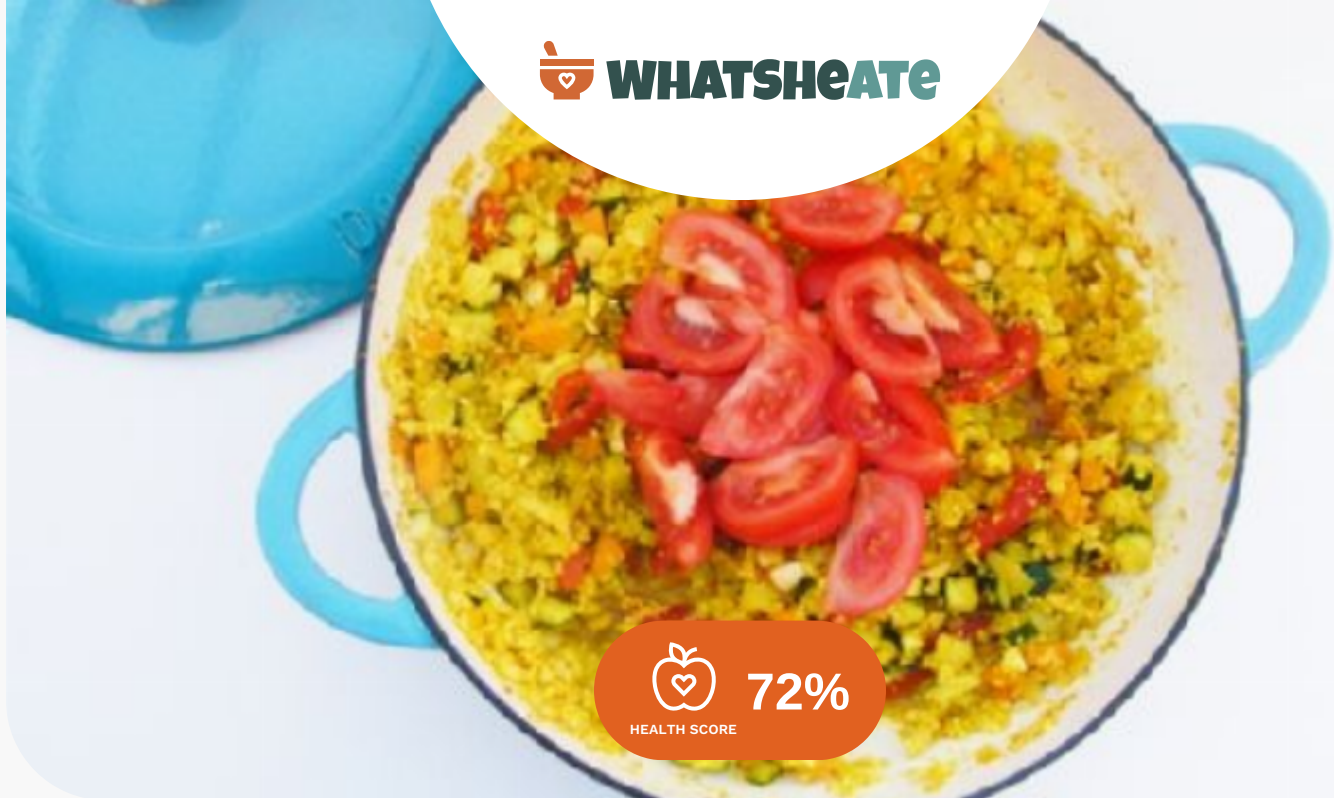




## 5:2 Diet - Savoury Cauliflower Rice = 137 calories



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



50 min.

SERVINGS



4

CALORIES



146 kcal

SIDE DISH

### Ingredients



1 carrots chopped



436 g cauliflower



1 stalk celery chopped



1 courgettes chopped (zucchini)



2 cloves garlic crushed



1 cm piece ginger fresh grated finely chopped



0.5 tsp ground cumin

- ☐ 1 tbsp olive oil
- ☐ 1 onion chopped
- ☐ 2 g/ roasted peppers rinsed drained in oil ( if stored )
- ☐ 4 servings grinding of salt and pepper black good
- ☐ 80 g sweetcorn
- ☐ 4 large salad tomatoes
- ☐ 0.5 tsp turmeric

## Equipment

- ☐ food processor

## Directions

- ☐ Whizz the cauliflower up in a vitamix/food processor until fairly fine. Set it aside until you need it.
- ☐ Saute the onion, garlic and ginger in the olive oil until the onion is soft and translucent.
- ☐ Add the celery and carrots and saute gently until the carrots are tender
- ☐ Next add the courgette and cook for another couple of minutes.
- ☐ Spoon in the spices and mix well.
- ☐ Pour in the cauliflower and mix until well coated in the spices.
- ☐ Add the stock, cover and simmer gently for 15 – 20 minutes.
- ☐ Add the peppers and sweetcorn and mix through.
- ☐ Season with salt and pepper.1
- ☐ Chop the tomatoes in quarters and add to the top of each dish as you serve it

## Nutrition Facts



## Properties

Glycemic Index:75.33, Glycemic Load:6.4, Inflammation Score:-10, Nutrition Score:22.045652094095%

## Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg

## Nutrients (% of daily need)

Calories: 146.01kcal (7.3%), Fat: 4.87g (7.49%), Saturated Fat: 0.8g (5.02%), Carbohydrates: 24.36g (8.12%), Net Carbohydrates: 17.6g (6.4%), Sugar: 11.08g (12.32%), Cholesterol: 0mg (0%), Sodium: 513.67mg (22.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.82g (11.65%), Vitamin C: 99.84mg (121.01%), Vitamin A: 4359.29IU (87.19%), Vitamin K: 40.7µg (38.76%), Manganese: 0.65mg (32.66%), Potassium: 1095.47mg (31.3%), Folate: 120.84µg (30.21%), Vitamin B6: 0.58mg (28.78%), Fiber: 6.76g (27.05%), Magnesium: 60.68mg (15.17%), Phosphorus: 149.95mg (14.99%), Vitamin B1: 0.2mg (13.16%), Vitamin B3: 2.56mg (12.78%), Vitamin B5: 1.27mg (12.67%), Copper: 0.24mg (12.16%), Vitamin E: 1.81mg (12.04%), Vitamin B2: 0.19mg (11.1%), Iron: 1.83mg (10.16%), Calcium: 79.54mg (7.95%), Zinc: 1.06mg (7.08%), Selenium: 1.29µg (1.84%)