



 **51%**  
HEALTH SCORE

# Cauliflower, Brown Rice, and Vegetable Fried Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



30 min.

SERVINGS



8

CALORIES



248 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 tablespoons grapeseed oil
- 2 tablespoons coconut oil
- 7 spring onion dark green chopped (keep white/light ends separate from tops)
- 5 cloves garlic chopped
- 1 head cauliflower raw
- 3 cups brown rice cold cooked
- 2 cups broccoli cooked chopped

- 1 cup peas frozen
- 3 T soy sauce reduced-sodium
- 2 teaspoons sesame oil toasted
- 8 servings sesame seed toasted
- 8 servings spring onion chopped for garnish
- 8 servings salt to taste

## Equipment

- food processor
- frying pan

## Directions

- Remove the cauliflower's tough stem and reserve for another use. Using a food processor, pulse cauliflower florets until they resemble rice or couscous. You should end up with around four cups of "cauliflower rice."
- Heat 1T butter and 1T oil in a large skillet over medium heat.
- Add garlic and the white and light green pieces of scallion. Sauté about a minute.
- Add the cauliflower to the pan. Stir to coat with oil, then spread out in pan and let sit; you want it cook a bit and to caramelize (get a bit brown), which will bring out the sweetness. After a couple of minutes, stir and spread out again.
- Add cold rice (it separates easily, so it won't clump up during cooking), plus the additional grapeseed and coconut oil or butter. Raise heat to medium-high. Toss everything together and, again, spread the mixture out over the whole pan and press a bit into the bottom.
- Let it sit for about two minutes—so the rice can get toasted and a little crispy.
- Add the peas and broccoli and stir again.
- Drizzle soy sauce and toasted sesame oil over rice. Cook for another minute or so and turn off heat.
- Add chopped scallion tops and toss. I like to toast some sesame seeds in a dry pan; I sprinkle these and some more raw, chopped scallion over the top of the rice for added flavor and crunch. Season to taste with salt and, if you'd like, more soy sauce. Keep in mind that if you're serving this with something salty and saucy (ie. teriyaki chicken) you may want to hold off on adding too much salt to the fried rice.

# Nutrition Facts

PROTEIN 10.84% FAT 44.78% CARBS 44.38%

## Properties

Glycemic Index:45.69, Glycemic Load:10.71, Inflammation Score:-7, Nutrition Score:20.497826086957%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 2.21mg, Kaempferol: 2.21mg, Kaempferol: 2.21mg, Kaempferol: 2.21mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

## Taste

Sweetness: 40.06%, Saltiness: 100%, Sourness: 26.09%, Bitterness: 46.54%, Savoriness: 43.05%, Fattiness: 71.33%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 248.3kcal (12.41%), Fat: 12.96g (19.94%), Saturated Fat: 4.18g (26.14%), Carbohydrates: 28.91g (9.64%), Net Carbohydrates: 23.09g (8.4%), Sugar: 3.23g (3.59%), Cholesterol: 0mg (0%), Sodium: 444.09mg (19.31%), Protein: 7.06g (14.12%), Vitamin C: 65.2mg (79.04%), Vitamin K: 72.42µg (68.97%), Manganese: 1.31mg (65.73%), Copper: 0.48mg (23.94%), Fiber: 5.81g (23.25%), Folate: 90.55µg (22.64%), Magnesium: 89.55mg (22.39%), Vitamin B6: 0.42mg (20.82%), Phosphorus: 191.28mg (19.13%), Vitamin B1: 0.25mg (16.86%), Iron: 2.64mg (14.67%), Potassium: 498.08mg (14.23%), Calcium: 133.23mg (13.32%), Vitamin B3: 2.39mg (11.93%), Zinc: 1.72mg (11.45%), Vitamin B5: 0.96mg (9.58%), Vitamin E: 1.42mg (9.44%), Vitamin B2: 0.15mg (8.88%), Vitamin A: 441.11IU (8.82%), Selenium: 4.46µg (6.36%)