



Curried Cauliflower Rice



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



382 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almond slivers toasted ()
- ☐ 1 cup rice
- ☐ 1.5 cups cauliflower cut into small pieces)
- ☐ 1 cup coconut milk
- ☐ 1 handful mint leaves chopped ()
- ☐ 0.5 teaspoon garam masala
- ☐ 1 tablespoon garlic chopped ()
- ☐ 1 tablespoon ginger grated ()

- ☐ 2 small chillies diced green finely ()
- ☐ 1 tablespoon oil
- ☐ 1 small onion diced finely ()
- ☐ 4 servings salt to taste
- ☐ 1 cup water (or vegetable broth)

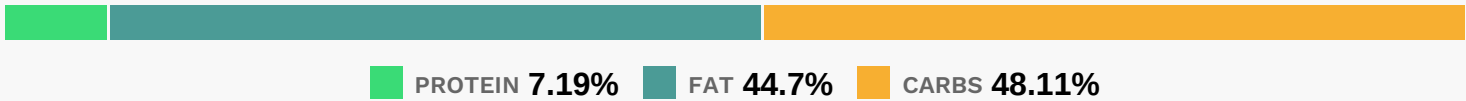
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a pan.
- ☐ Add the onion and saute until tender, about 5–7 minutes.
- ☐ Add the cauliflower and cook until lightly browned, about 5 minutes.
- ☐ Add the garlic, ginger and green chillies and saute until fragrant, about 1 minute.
- ☐ Add the rice, coconut milk, water, garam masala, and salt and simmer covered until the rice is cooked and the liquid has been absorbed, about 20 minutes.
- ☐ Mix in the garam masala and mint and remove from the heat.
- ☐ Serve garnished with the toasted almond slivers.

Nutrition Facts



Properties

Glycemic Index:79.3, Glycemic Load:25.14, Inflammation Score:-5, Nutrition Score:12.352608711823%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg,

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 381.61kcal (19.08%), Fat: 19.41g (29.86%), Saturated Fat: 11.35g (70.93%), Carbohydrates: 47g (15.67%), Net Carbohydrates: 43.57g (15.84%), Sugar: 3.11g (3.45%), Cholesterol: 0mg (0%), Sodium: 526.44mg (22.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.03g (14.05%), Manganese: 1.22mg (61.09%), Vitamin C: 23.66mg (28.68%), Copper: 0.33mg (16.6%), Phosphorus: 165.85mg (16.59%), Magnesium: 65.21mg (16.3%), Vitamin E: 2.43mg (16.21%), Iron: 2.78mg (15.42%), Fiber: 3.44g (13.76%), Selenium: 7.87µg (11.24%), Potassium: 385.65mg (11.02%), Vitamin B6: 0.22mg (10.99%), Folate: 40.67µg (10.17%), Vitamin B5: 0.88mg (8.78%), Vitamin K: 8.46µg (8.06%), Zinc: 1.2mg (8.02%), Vitamin B3: 1.6mg (7.99%), Vitamin B2: 0.13mg (7.78%), Vitamin B1: 0.09mg (6.05%), Calcium: 60mg (6%), Vitamin A: 168.21IU (3.36%)