



Lime Cilantro Cauliflower "Rice"



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



38 kcal

SIDE DISH

Ingredients



1 head cauliflower cut into florets



0.5 cup cilantro leaves chopped



1 juice of lime juiced



1 tablespoon water

Equipment



food processor

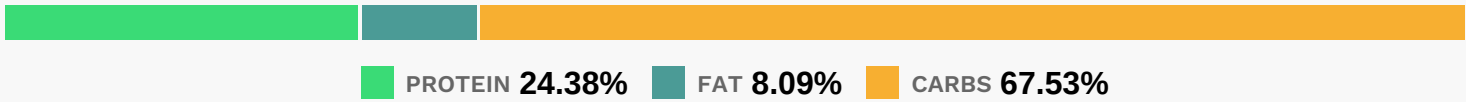


microwave

Directions

- ☐ Grate cauliflower florets or pulse in a food processor until it resembles rice.
- ☐ Place grated cauliflower and water in a microwave-safe covered dish.
- ☐ Cook cauliflower in microwave on high until tender, about 7 minutes.
- ☐ Stir lime zest, lime juice, cilantro, and butter into cooked cauliflower until well blended.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:1.37, Inflammation Score:-5, Nutrition Score:10.417391445326%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 38.27kcal (1.91%), Fat: 0.42g (0.64%), Saturated Fat: 0.19g (1.17%), Carbohydrates: 7.85g (2.62%), Net Carbohydrates: 4.89g (1.78%), Sugar: 2.89g (3.21%), Cholesterol: 0mg (0%), Sodium: 44.38mg (1.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.67%), Vitamin C: 72.08mg (87.37%), Vitamin K: 28.53µg (27.17%), Folate: 83.93µg (20.98%), Vitamin B6: 0.27mg (13.52%), Potassium: 449.01mg (12.83%), Fiber: 2.96g (11.84%), Manganese: 0.23mg (11.63%), Vitamin B5: 0.98mg (9.79%), Phosphorus: 65.26mg (6.53%), Magnesium: 22.72mg (5.68%), Vitamin B2: 0.09mg (5.33%), Vitamin B1: 0.08mg (5.01%), Vitamin B3: 0.76mg (3.81%), Iron: 0.65mg (3.59%), Calcium: 34.13mg (3.41%), Copper: 0.06mg (3.16%), Vitamin A: 138.71IU (2.77%), Zinc: 0.4mg (2.7%), Selenium: 0.89µg (1.27%), Vitamin E: 0.18mg (1.21%)