

Paleo Greek 'Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



116 kcal

SIDE DISH

Ingredients

- ☐ 1 head cauliflower cut into large florets
- ☐ 0.3 cup olive oil extra virgin
- ☐ 3 tablespoons mint leaves fresh chopped
- ☐ 0.5 cup grape tomatoes halved
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.5 bell pepper diced red
- ☐ 0.5 onion diced yellow

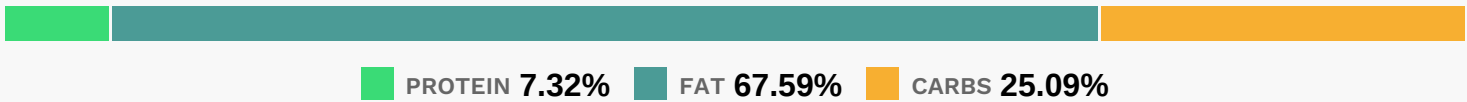
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Stir onion and lemon juice together in a bowl; let rest until onion flavor mellows, about 30 minutes.
- ☐ Drain onion, reserving lemon juice.
- ☐ Shred cauliflower in a food processor until it is the size of small rice grains.
- ☐ Place cauliflower in a skillet over medium heat. Cover and cook, stirring occasionally, until cauliflower is steamed, 8 to 10 minutes.
- ☐ Remove the lid and stir red bell pepper and grape tomatoes into cauliflower; cook, stirring occasionally, until heated through, about 3 minutes.
- ☐ Add onion and mint to cauliflower mixture; cook and stir until heated through, about 3 minutes.
- ☐ Whisk olive oil, 3 tablespoons reserved lemon juice, salt, and pepper together in a bowl.
- ☐ Pour lemon juice mixture over cauliflower mixture and toss to coat. Season with salt and black pepper to taste.

Nutrition Facts



Properties

Glycemic Index:26.83, Glycemic Load:1.36, Inflammation Score:-6, Nutrition Score:9.8873911810958%

Flavonoids

Eriodictyol: 1.27mg, Eriodictyol: 1.27mg, Eriodictyol: 1.27mg, Eriodictyol: 1.27mg Hesperetin: 1.73mg, Hesperetin: 1.73mg, Hesperetin: 1.73mg, Hesperetin: 1.73mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.48mg,

Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 116.24kcal (5.81%), Fat: 9.38g (14.44%), Saturated Fat: 1.39g (8.7%), Carbohydrates: 7.84g (2.61%), Net Carbohydrates: 5.15g (1.87%), Sugar: 3.22g (3.58%), Cholesterol: 0mg (0%), Sodium: 31.21mg (1.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.58%), Vitamin C: 65.99mg (79.99%), Vitamin K: 21.94µg (20.89%), Folate: 67.69µg (16.92%), Vitamin B6: 0.23mg (11.72%), Manganese: 0.23mg (11.45%), Vitamin E: 1.61mg (10.76%), Potassium: 376.39mg (10.75%), Fiber: 2.69g (10.74%), Vitamin A: 521.46IU (10.43%), Vitamin B5: 0.72mg (7.16%), Phosphorus: 53.18mg (5.32%), Magnesium: 20.63mg (5.16%), Vitamin B2: 0.08mg (4.65%), Vitamin B1: 0.07mg (4.45%), Iron: 0.69mg (3.85%), Vitamin B3: 0.72mg (3.6%), Calcium: 32.35mg (3.23%), Copper: 0.06mg (3.06%), Zinc: 0.35mg (2.36%)