



Cauliflower "Fried Rice" (PKU-Friendly)

A delicious alternative to a classic fried rice dish! Use your own blend of vegetables and herbs to truly customize this versatile dish! You can use a low-protein rice in place of cauliflower if desired.

U.S.		Metric	Phe (mg)	Pro (g)
1 medium head	Cauliflower, riced using a food processor	1 med. head	410 mg	8.2 g
1 Tbsp	Sesame Oil	30 mL	0	0
1 each	Carrots, peeled, cut into half moons	1 each	0	0.1 g
8 oz	Green beans, trimmed, cut in 1" pieces	227 g	0	4.15 g
2 cloves	Garlic, minced	2 cloves	0	0
1 Tbsp	Ginger, minced	7 g	0	0
2 tsp	Cilantro, fresh, roughly chopped	5 g	0	0
1 Tbsp	Soy Sauce, reduced sodium	30 mL	10 mg	0.2 g
3 Tbsp	Green Onion, sliced thin	15 g	0	0
1/2 Tbsp	Rice Wine Vinegar	7.5 mL	0	0
1 tsp	Sriracha Hot Sauce	5 mL	0	0

Protein per recipe: 12.65 g
Phe per recipe: 420 mg

Protein per serving: 2.53 g
Phe per serving: 82 mg

Preparation:

1. Gather all ingredients and equipment.
2. Remove leaves from cauliflower and cut into large pieces.
3. In a food processor, pulse large pieces of cauliflower until it resembles grains of rice.
4. In a large saute pan or wok, heat sesame oil over medium high heat.
5. Add riced cauliflower, carrots, and green beans. Cook until tender and slightly browned (about 10 minutes).
6. Add garlic, ginger, and cilantro. Saute until aromatic (about 1-2 minutes).
7. Mix together soy sauce, scallions, rice vinegar, and sriracha in a small bowl to make your sauce.
8. Add your sauce into the pan with your vegetables. Cook until all liquid is absorbed (about 2 minutes).
9. Serve warm, and enjoy!

Nutrition Facts

7.5 Servings

Serving size 1/2 cup

Amount per serving

Calories 50

Calories from Fat 20

Total Fat 2 g

Saturated Fat 0 g

Trans Fat 0 g

Monounsaturated 1 g

Cholesterol 0 mg

Sodium 110 mg

Total Carbohydrate 8 g

Dietary Fiber 3 g

Total Sugars 3 g

Includes 0g Added Sugars

Protein 2 g

Vitamin D 0 %

Calcium 4 %

Iron 4 %

Potassium 335 mg

Phosphorus 51 mg
