



Frozen Riced Cauliflower

Specifications :

Price	Contact us
Place of Origin	China
Min.Order Quantity	100
Payment Terms	T/T,L/C,D/P
Supply Ability	10000
Delivery Detail	3days-7days

Detail Introduction :

Calories	50
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Sugars 0g	0%
Includes Added Sugars 0g	
Protein 2g	
Vitamin A	90%
Vitamin C	45%
Calcium 25mg	2%
Potassium 237mg	6%
Iron 0mg	0%
Vitamin D 0mcg	0%

How do you make frozen cauliflower rice not soggy?

Leave riced cauliflower on the heat for too long, and it will become soft and soggy. Follow this tip: Quickly cooked in a little butter or olive oil on the stovetop, riced cauliflower becomes softer and more tender. About three minutes over medium heat and not too much oil should do the trick as a rule of thumb.

Is frozen cauliflower rice good for you?

Cauliflower rice is full of antioxidants like vitamin A and vitamin C. These antioxidants remove free radical particles from your body. Free radicals are loose oxygen molecules that can damage your



cells and lead to cancer. By removing free radicals, antioxidants can help lower your risk of cancer.

Can I buy frozen cauliflower rice?

The frozen cauliflower rice has smaller, more finely grated pieces making it easy to go from freezer to cooked in no time. The taste is just the same as if you were to make it at home and it pretty much lasts for months in the freezer. ... The fresh store-bought cauliflower rice has larger, rice-like pieces.

Should you thaw frozen riced cauliflower before cooking?

Cauliflower rice freezes beautifully, and I actually prefer the taste over homemade. To cook it on the stovetop, you just heat up your skillet, add in some olive oil and the frozen cauliflower rice. No need to thaw! You can cook it straight from frozen.