

Low-Carb Buffalo Cauliflower Rice

Hands-on 15 minutes Overall 15 minutes

Nutritional values (per serving, about 1 cup): Total carbs: 12.3 g, Fiber: 4 g,

Net carbs: 8.3 g, Protein: 11.7 g, Fat: 18.6 g, Calories: 252 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 6 servings)

- 1 medium cauliflower, cut into florets (600 g/ 1.3 lb)
- 2 tbsp butter or [ghee](#) (28 g/ 1 oz)
- 1/2 small yellow onion (35 g/ 1.2 oz)
- 2 medium celery sticks, chopped (80 g/ 2.8 oz)
- 1 clove garlic, minced
- 1/4 cup Frank's Buffalo Sauce (60 ml/ 2 fl oz), or [Sriracha](#) sauce - *you can [make your own Sriracha](#)*
- 1/2 tsp salt, or to taste
- 1/4 tsp cracked black pepper
- Optional:* 1 tbsp [chicken broth](#) or filtered water
- 1 cup shredded cheddar cheese (113 g/ 4 oz)
- 1/4 cup crumbled blue cheese (28 g/ 1 oz)
- 1 medium spring onion, sliced (15 g/ 0.5 oz)

up to 1 month (The texture after freezing won't be the same as fresh but can be done if you need to prep it in advance).

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Instructions

1. Pulse the cauliflower florets in a food processor until they resemble rice. A grating blade works best as it will most resemble rice.
2. Place the butter, ghee or coconut oil in a pan. Add the onions and celery. Sauté for 3 to 5 minutes on a medium-low heat until soft. Stir through the garlic.
3. Add the cauliflower rice and franks hot sauce. Stir until combined and season.
4. Add the stock (if you want a softer, moist, risotto type cauliflower rice) and simmer on a low-medium heat for about 3 to 5 minutes until nearly all the stock has absorbed.
5. Remove from the heat and stir through the cheddar. Top with blue cheese and spring onions. Taste and adjust the seasoning to taste. *Note: Depending on what hot sauce or sriracha you use, you may wish to amend the hot sauce quantity. Start with a little and keep adding until it's to your taste.*
6. Store in a sealed container in the fridge for up to 3 days. Freeze for