

# Quick and Easy Gremolata Cauli-Rice

Hands-on 5 minutes Overall 10 minutes

**Nutritional values (per serving, about 1 cup):** Total carbs: 10.1 g, Fiber: 4 g,

**Net carbs: 6.2 g**, Protein: 3.7 g, Fat: 8.1 g, Calories: 118 kcal,

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



## Ingredients (makes 4 servings)

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- 1 medium cauliflower, cut into florets (720 g/1.6 lb)
- 2 garlic cloves, minced
- 1 tbsp fine lemon zest, organic
- small bunch of fresh parsley, about 1/4 cup chopped (15 g/ 0.5 oz)
- 2 tbsp [ghee](#), [coconut oil](#) or [extra virgin olive oil](#) (30 ml)
- 1 tbsp fresh lemon juice (15 ml)
- 1/2 tsp sea salt, or to taste
- 1/4 tsp black pepper, or to taste

## Instructions

1. Rice the cauliflower. To do that, run the cauliflower florets through a hand grater or food processor with a grating blade. Pulse until the florets resemble grains of rice.
2. Mince the garlic, zest the lemon, chop the parsley and set aside.
3. Grease a large saucepan with ghee and add the minced garlic. Mix and cook over medium heat for up to 1 minute.
4. Add the cauliflower rice and lemon juice and cook for 5 to 7 minutes, stirring frequently.
5. Add the fresh parsley and lemon zest. Season with salt and pepper and mix well.
6. Serve as a side with salmon, chicken, or try with slow cooked lamb. To store, let it cool and place in an airtight container. Refrigerate for up to 5 days.

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