

Arctic
Gardens[®]

RICED CAULIFLOWER

Offer nutritious,
vegetable-filled recipes without
sacrificing creativity and flavor



COUNTLESS BENEFITS



ARCTIC GARDENS
Riced Cauliflower
10055686109162
4 x 4.4 lb

Packed with nutrient-rich vegetables

- 100% made with cauliflower
- Source of fiber

Effortlessly ready in minutes

- Streamlined meal preparation
- Pre-cut and pre-washed
- Uniform cut and outstanding flavor

Adaptable to any culinary creation

- A perfect alternative for rice, and to elevate dishes such as stir-fries, pizza crusts, trendy grain bowls and many other applications!

Nutrition Facts

servings per container	
Serving size	2/3 cup (85g)
Amount Per Serving	
Calories	20
	<small>% Daily Value *</small>
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.3mg	2%
Potassium 120mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to daily diet. 2,000 calories a day is used for general nutrition advice.



FOR MORE INSPIRATION, VISIT ARCTICGARDENSFODSERVICE.COM

RECIPE



CAULIFLOWER TABBOULEH



Preparation time: **10 minutes**
Cooking time: **15 minutes**



Portions: **25**

Ingredients

1 bag	Arctic Gardens Riced Cauliflower
4 tbsp	Olive oil
4 tbsp	Freshly chopped garlic
6 cups	Coarsely chopped curly parsley
⅓ cup	Finely chopped fresh mint
⅓ cup	Chopped green onions
8 cups	Chopped plum tomatoes
½ cup	Olive oil
½ cup	Lemon juice
1 tbsp	Salt
1 tsp	Ground black pepper

Directions

1. Preheat the oven to 450 °F.
2. Spread the riced cauliflower onto 4 greased baking sheets lined with parchment paper.
3. Bake for 10 minutes and set aside*.
4. Use olive oil for greasing the baking sheets.
5. In a large bowl, mix together all ingredients.
6. Serve with pita and plain yogurt.

* Cooking time may vary depending on the type of appliance used.

Nutrition Facts

servings per container	
Serving size	3.5 oz (100g)
Amount per serving	
Calories	50
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.9mg	6%
Potassium 210mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.

RECIPE



GENERAL TAO CAULIFLOWER BITES



Preparation time: 15 minutes
Cooking time: 30 minutes



Portions: 30

Ingredients

Cauliflower croquettes

1 bag (4.4 lb)

4 cups

2½ cups

3 tbsp

½ cup

1½ cups

5 tbsp

5 tbsp

5 tsp

1 tsp

General Tao Sauce

1 cup

½ cup

½ cup

4 tbsp

2 tbsp

1 tsp

2 tbsp

3 tbsp

5 tbsp

Arctic Gardens Riced Cauliflower

Arctic Gardens

Chickpeas, drained

Panko breadcrumbs

Light soy sauce

Cilantro, chopped

Green onions, chopped

Garlic, chopped

Ginger, chopped

Cornstarch

Toasted sesame oil

Homemade chicken broth

Honey

Rice vinegar

Low-salt soy sauce

Tomato paste

Sriracha sauce - optional

Garlic, chopped

Cornstarch

Water

Directions

1. Preheat oven to 425°F (210°C).
2. Spread cauliflower on four baking sheets lined with parchment paper. Bake for 20 minutes and let cool.
3. Drain chickpeas and reduce to a puree.
4. Mix all ingredients and form into flattened 1 oz balls.
5. Put a bit of oil in a non-stick frying pan and cook croquettes over medium heat for 3 minutes on each side. Keep warm.
6. Mix all sauce ingredients, bring to a low boil, and cook for 3 minutes while stirring.
7. Serve with 5 tsp of dipping sauce per serving.

Nutrition Facts

servings per container
Serving size 3.5oz (100g)

Amount per serving
Calories 80

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 180mg 8%

Total Carbohydrate 16g 6%

Dietary Fiber 3g 11%

Total Sugars 5g

Includes 4g Added Sugars 8%

Protein 3g

Vitamin D 0mcg 0%

Calcium 23mg 2%

Iron 1mg 6%

Potassium 161mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.