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Costco cauliflower rice

Photo: Nature's Earthly Choice We love cauliflower rice for its low-carb versatility, but we can't beat how fast it goes wrong. Pre-made fresh stuff only lasts a few days in the fridge! Sure, we could make cauliflower rice from scratch to replace our bag, but it's much more convenient to buy it pre-made. And, thanks to Costco, you'll never have to worry about your cauli rice going wrong before you can use it! Costco is selling stable cauliflower rice packages on Nature's Earthly Choice shelves (so it will last in your pantry for months!) But since cauliflower rice is naturally super healthy, full of vitamin C, vitamin B foliate and potassium, we were concerned about how the nutrient content was stacked up to fresh cauliflower rice. Expecting added salt, sugar and unhealthy fats, we were pleasantly surprised to discover that the packages only have three ingredients. Apart from malic acid, which is an organic compound commonly used as a preservative, there is only cauliflower and water. That's a packaged food we can feel good eating! Related: Packaged foods that you can feel good Here are the nutritional data for a 1/2 cup serving of nature's earthly cauliflower rice: calories: 25 fat: 0g saturated fat: 0g fat unsaturated: Carbohydrates: 5g Fiber: 2g Protein: 2g Sugar: 2g Added Sugar: 0g Calcium: 2% Potassium: 6% We can't wait to get this healthy and stable rice alternative. Fortunately, Costco is selling 6 packages for \$9.99, that's less than a dollar per share! Nutritious and inexpensive, these packages are perfect for all of our favorite cauliflower rice recipes. We also love that cauliflower tastes flavorless, so we can trade it for rice on almost any dish. Especially we can't wait to try it on Cauliflower Rice Risotto, Cucumber-Aguacate Cauliflower Rice Sushi or Cauliflower Fried Rice with Steak! For the category page, the second priority image - url path (used in the grid and featured story if the first priority is blank) for the category page, the first priority image - url path (used for grid and featured story) Hungry and need a quick idea of lunch or dinner keto smoothly? Consider taking a bag of frozen cauliflower rice from the freezer to make a simple lunch or dinner in minutes! It's easy to use cauliflower rice as a blank canvas and then add some colorful ingredients you can probably have on hand to create a new keto artwork Instagram! Now, as long as you can make your own rice cauliflower at home from scratch, I'm going to go ahead and tell you there's no way I'm going to have the patience for the cleaning that goes on. I'm all about comfort, so lucky for me there are so many quick and easy options in store. Store, we are sharing the prices we find in some of our favorite stores in order to help you save your earned money so carefully! *Please note that prices and availability may vary by region. Dollar Tree has the cheapest cauliflower rice. 🇺🇸 TJ Farms Select Frozen Riced Cauliflower 10oz Bag Serving Size: 3/4 cup ? Calories: 190 Fat: 0g ? Total carbohydrates: 4g Fiber: 2g to Sugar: 2g a Protein: 1g to Net Carbs: 2g Price: \$1 – only 10 euros per ounce 🇺🇸 It's no secret that Dollar Tree has really big bargains for just a dollar. However, I was surprised to find rice cauliflower right there in the frozen food section! Dollar Tree is our winner for having the lowest price per ounce! Costco offers bags of organic cauliflower rice in bulk. Via Emilia Organic Frozen Riced Cauliflower – four bags of 12 oz (48oz total) Serving size: 3/4 Cup ? Calories: 200 Fat: 0g ? Total carbohydrates: 4g Fiber: 2g to Sugar: 2g to Protein: 2g to Net Carbs: 2g Price: \$5.99 – only 12 euros per ounce I love to stock up on ALL THINGS when I head to Costco and Sam's Club, so this is not a brain. While Dollar Tree has the lowest per ounce, I often find that they are out of rice or some stores simply don't carry it at all. That's where having a membership in these warehouse stores is very helpful! Like Costco, Sam's Club offers steam bags, but for 1 euro less. Mark of member Frozen rolled cauliflower 48oz Serving Size: 3/4 Cup ? Calories: 200 Fat: 0g ? Total carbohydrates: 3g Fiber: 2g to Sugar: 0g ? Protein: 2g to Net Carbs: 1g Price: \$5.98 – only 12 euros per ounce I like that Sam and Costco bulk packages are actually four individual bags. I separate them in my freezer and grab one when I'm ready to use it. I cook it very often, so I pick up one of these bulk packages every time I go to Sam's! Aldi offers seasoned varieties of cauliflower rice. 12 oz season frozen riceed cauliflower bag (flat or garlic and herbs) Calories: 200 Fat: 0g ? Total carbohydrates: 3g Fiber: 2g to Sugar: 1g a Protein: 1g to Net Carbs: 1g Price: \$1.89 – only 16 euros per ounce My teen is a fan of garlic so he's obsessed with Aldi's garlic and cauliflower rice herbs. He likes microwave and then just throw some Kerrygold butter on it and some precoated chicken cubes for a quick lunch. So delicious and oh so keto! We love Trader Joe's for all things, and its fresh cauliflower rice is one of them. Trader Joe's Fresh Riced Cauliflower 16oz Bag Serving Size: 1/3 Pack ? Calories: 300 Fat: 0g ? Total carbohydrates: 5g Fiber: 2g to Sugar: 2g to Protein: 2g to Net Carbs: Price: \$2.49 – only 16 euros per ounce While I like to stock up on frozen cauliflower rice for the freezer, there are some recipes that I feel work best with fresh things. When I make our burrito keto bowl recipe, I love grabbing a bag of fresh riceed cauliflower so that it has a firmer to her. Walmart has trusted brands and is convenient if you use Walmart Grocery. Green Giant Frozen Riced Cauliflower 10oz or 40oz Serving Bags Service Size: 3/4 Cup ? Calories: 200 Fat: 0g ? Total carbohydrates: 4g Fiber: 2g to Sugar: 2g a Protein: 2g to Net Carbs: 2g 10oz Bag Price: \$2.48 – only 25 euros per ounce 40oz Bag Price: \$8.46 – only 21 euros per ounce It is not as cheap as the other options listed, but you'll be buying a high-quality household name by buying cauliflower rice at Walmart. While it's not a big difference, every penny adds up when you're trying to stay frustrated and stick to your budget. You can grab cauliflower rice in your next Target race. Green Giant Frozen Riced Cauliflower 10oz Serving Bag Serving Size: 3/4 Cup ? Calories: 200 Fat: 0g ? Total carbohydrates: 4g Fiber: 2g to Sugar: 2g a Protein: 2g to Net Carbs: 2g Price: \$2.19 – only 22 euros per ounce If you're on Target, it's easy to just grab a bag while you're there, but you'll pay more per ounce. Convenience for victory here, although you can always save 5% on your trip by checking out with your target red card! Are you running out of ideas on how to prepare rice cauliflower? We've got you covered with so many delicious low-carb recipes using riceed cauliflower! Take a look at these and do something delicious for dinner tonight. © 1996-2014, Amazon.com, Inc. or its affiliates Know... cauliflower rice! Please note that this review was not paid or sponsored by any third party. I bought this product with my own money and the reviews in this review are strictly mine. I am not affiliated with Costco or any of its suppliers. I'm just a fan of the company. I write these reviews to help my fellow buyers. Costco Dujardin Organic cauliflower rice I'm always looking for exciting healthy food in Costco. I've heard MANY about cauliflower rice and I know how popular it is among those individuals who are trying to follow a low-carb diet. The last time I was examining the frozen vegetable section in Costco I saw this Dujardin organic cauliflower rice and decided to pick it up. Costco Dujardin Organic cauliflower rice TasteFull honesty here. If you eat the plain of Organic Cauliflower Rice Costco Dujardin, you will find that it tastes like... cut the cauliflower. Magic happens when you use this as a substitute for real rice. For example, I used this as the basis for my Erie Meats Chicken Breast Bite Stir Fry and it actually tasted quite similar to rice when I had vegetables, chicken and sauce mixed with it. I chose to microwave Costco's Dujardin Organic Cauliflower Rice (the easiest cooking method) and it was light and fluffy and not super soaked or soft. cauliflower rice is not seasoned so basically the taste of it is just cauliflower, but if you use your imagination and add some other tasty ingredients and seasonings, start to know white white Dujardin Organic Cauliflower Rice CostThe bag is 4.4 lbs and has four separate bags of 500 grams of cauliflower rice. The regular price of the exchange is Can\$11.99. Reasonably priced, but not exactly very cheap! Costco Dujardin Organic Cauliflower Rice Cooking IngredientsConvenienceYou can choose to cook this in a frying pan or microwave frozen in the bag for about 10 minutes. I put it in the microwave and it turned out very nice. The bags are quite large, probably enough for four people, which meant too much in a bag just for my husband and I. The bag indicates that the rice should not be frozen again once cooked. There are many ways you could use this sautéed rice as a side dish or you could even make a plate of fried cauliflower rice. Costco Dujardin Organic Cauliflower Rice NutritionNutritionNutritionA serving of cauliflower rice is 20 calories, zero grams of fat, four grams of carbohydrates, 25 mg sodium, two grams of protein, two grams of sugar and two grams of fiber. Very low in carbohydrates and low in fat! This product is also organic. Consumed only this tastes like smooth cauliflower but begins to taste similar to white rice with the right ingredients added to it. Is it exactly like white rice that will leave you feeling that your craving for white rice is satisfied? Maybe not, but if you're looking at your carbohydrates, fat and calories it's a good choice! Taste: 7/10Cost: 7/10Convenience: 10/10Nutrition: 10/10Testoflower rice? What did you think? Do you have any special recipes or how to use it? That?

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