

Basmati Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



178 kcal

SIDE DISH

Ingredients

- 1 cup rice
- 1 teaspoon cumin seeds
- 0.3 cup peas green frozen
- 1.8 cups water

Equipment

- sauce pan

Directions

- In a saucepan bring water to a boil.
- Add rice and stir. Reduce heat, cover and simmer for 20 minutes.
- When rice is cooked, stir in peas and cumin. Cover and let stand for 5 minutes.

Nutrition Facts



PROTEIN 8.94% **FAT 2.35%** **CARBS 88.71%**

Properties

Glycemic Index:27.63, Glycemic Load:22.61, Inflammation Score:-1, Nutrition Score:4.5960869565217%

Nutrients (% of daily need)

Calories: 178.03kcal (8.9%), Fat: 0.45g (0.7%), Saturated Fat: 0.1g (0.61%), Carbohydrates: 38.5g (12.83%), Net Carbohydrates: 37.33g (13.58%), Sugar: 0.58g (0.65%), Cholesterol: 0mg (0%), Sodium: 8.78mg (0.38%), Protein: 3.88g (7.76%), Manganese: 0.56mg (27.85%), Selenium: 7.17µg (10.25%), Copper: 0.14mg (6.93%), Phosphorus: 65.47mg (6.55%), Vitamin B5: 0.48mg (4.78%), Vitamin B3: 0.95mg (4.76%), Fiber: 1.17g (4.68%), Vitamin B6: 0.09mg (4.67%), Iron: 0.84mg (4.64%), Vitamin C: 3.66mg (4.44%), Magnesium: 17.42mg (4.35%), Zinc: 0.65mg (4.34%), Vitamin B1: 0.06mg (3.97%), Folate: 9.64µg (2.41%), Potassium: 84.24mg (2.41%), Calcium: 22.98mg (2.3%), Vitamin K: 2.32µg (2.21%), Vitamin B2: 0.04mg (2.13%), Vitamin A: 75.68IU (1.51%)