

Basmati Rice



Vegetarian



Gluten Free



Low Fod Map

READY IN



40 min.

SERVINGS



6

CALORIES



275 kcal

SIDE DISH

Ingredients

- ☐ 14 oz rice
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons butter unsalted
- ☐ 3.3 cups water

Equipment

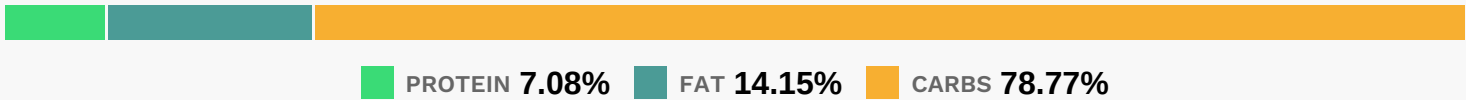
- ☐ paper towels
- ☐ sauce pan
- ☐ pot

- ☐ sieve
- ☐ colander

Directions

- ☐ Rinse rice in several changes of cold water until water runs clear.
- ☐ Drain well in a fine-mesh sieve. Melt butter in a 4-quart heavy pot over moderate heat, then add rice and cook, stirring, 2 minutes. Stir in water and salt and bring to a boil over high heat. Reduce heat to low and cook, covered, until rice is tender and liquid is absorbed, about 20 minutes.
- ☐ Remove from heat.
- ☐ Let stand, covered and undisturbed, 5 minutes. Fluff rice gently with a fork.
- ☐ Rice can be made 1 day ahead and cooled completely, uncovered, then chilled in an airtight container. Reheat rice, its surface covered with a dampened paper towel, in a colander set over a saucepan of boiling water, covered, 5 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:10.2, Glycemic Load:31.83, Inflammation Score:-1, Nutrition Score:5.0152174325093%

Nutrients (% of daily need)

Calories: 274.9kcal (13.75%), Fat: 4.22g (6.49%), Saturated Fat: 2.52g (15.73%), Carbohydrates: 52.89g (17.63%), Net Carbohydrates: 52.03g (18.92%), Sugar: 0.08g (0.09%), Cholesterol: 10.03mg (3.34%), Sodium: 397.97mg (17.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.51%), Manganese: 0.72mg (36.04%), Selenium: 10.04µg (14.34%), Copper: 0.17mg (8.38%), Phosphorus: 77.19mg (7.72%), Vitamin B5: 0.68mg (6.76%), Vitamin B6: 0.11mg (5.43%), Vitamin B3: 1.06mg (5.3%), Zinc: 0.74mg (4.93%), Magnesium: 17.95mg (4.49%), Fiber: 0.86g (3.44%), Vitamin B1: 0.05mg (3.1%), Iron: 0.53mg (2.96%), Calcium: 23.82mg (2.38%), Vitamin A: 116.62IU (2.33%), Potassium: 77.27mg (2.21%), Vitamin B2: 0.03mg (2%), Folate: 5.43µg (1.36%), Vitamin E: 0.18mg (1.21%)