



Basmati Rice with Basil and Mint

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



197 kcal

SIDE DISH

Ingredients

- ☐ 1 cup rice
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2.3 cups less-sodium chicken broth fat-free
- ☐ 1 tablespoon basil fresh chopped
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 2 teaspoons mint leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 teaspoons vegetable oil

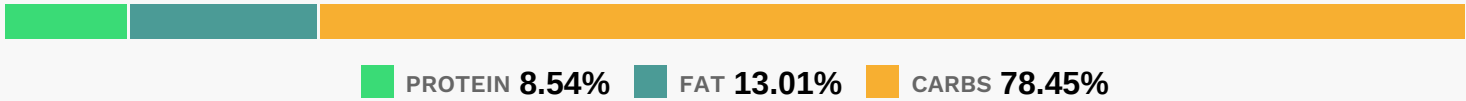
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Place rice in a fine-mesh strainer. Rinse with cold water; drain.
- ☐ Heat oil in a large saucepan over medium-high heat.
- ☐ Add ginger and garlic; cook 30 seconds, stirring constantly. Stir in rice; cook 1 minute, stirring constantly.
- ☐ Add remaining ingredients, stirring to combine; bring to a boil. Cover; wrap handle of pan with foil.
- ☐ Bake at 350 for 25 minutes, stirring once.
- ☐ Remove rice from oven; fluff rice with a fork.

Nutrition Facts



Properties

Glycemic Index:52.05, Glycemic Load:22.44, Inflammation Score:-1, Nutrition Score:5.0265217371609%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 197.31kcal (9.87%), Fat: 2.8g (4.3%), Saturated Fat: 0.43g (2.7%), Carbohydrates: 37.93g (12.64%), Net Carbohydrates: 37.23g (13.54%), Sugar: 0.28g (0.31%), Cholesterol: 0mg (0%), Sodium: 525mg (22.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.26%), Manganese: 0.57mg (28.34%), Selenium: 10.02µg (14.32%), Vitamin B3: 1.48mg (7.39%), Phosphorus: 70.38mg (7.04%), Copper: 0.14mg (6.83%), Vitamin B5: 0.64mg (6.36%), Vitamin K: 6.49µg (6.18%), Vitamin B6: 0.12mg (5.76%), Vitamin B12: 0.26µg (4.26%), Zinc: 0.56mg (3.71%), Magnesium: 14.22mg (3.55%), Iron: 0.61mg (3.4%), Vitamin B2: 0.05mg (3.07%), Potassium: 105.08mg (3%), Vitamin B1: 0.04mg (2.99%), Fiber: 0.7g (2.79%), Calcium: 22.49mg (2.25%), Vitamin E: 0.24mg (1.63%), Folate: 5.55µg (1.39%)