



Bollywood Basmati



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



257 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 0.3 cup apricots sliced
- ☐ 1 cup rice white
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 2 tablespoons currants chopped
- ☐ 2 teaspoons olive oil
- ☐ 1 medium onion chopped
- ☐ 2 teaspoons salt

☐ 2 cups water

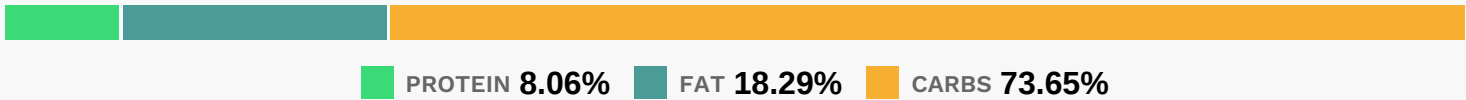
Equipment

☐ sauce pan

Directions

- ☐ Warm olive oil in a medium saucepan.
- ☐ Add rice and onion. Stir until rice is well coated and translucent around edges, about 2 minutes.
- ☐ Add water and salt. Stir, cover, reduce heat to low and cook 20 minutes.
- ☐ Remove from heat and let rest, covered, for 5 minutes. Fluff rice. Then gently mix in remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:49.21, Glycemic Load:24.61, Inflammation Score:-4, Nutrition Score:7.0856522269871%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg

Nutrients (% of daily need)

Calories: 257.23kcal (12.86%), Fat: 5.26g (8.09%), Saturated Fat: 0.6g (3.74%), Carbohydrates: 47.65g (15.88%), Net Carbohydrates: 45.33g (16.48%), Sugar: 7.04g (7.82%), Cholesterol: 0mg (0%), Sodium: 1175.58mg (51.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.22g (10.43%), Manganese: 0.72mg (35.83%), Vitamin E: 1.92mg (12.77%), Copper: 0.22mg (11.09%), Selenium: 7.42µg (10.61%), Phosphorus: 98.57mg (9.86%), Fiber: 2.32g (9.27%), Magnesium: 34.77mg (8.69%), Vitamin B6: 0.14mg (7.22%), Vitamin B2: 0.11mg (6.5%), Potassium:

220.15mg (6.29%), Vitamin B3: 1.16mg (5.81%), Vitamin B5: 0.56mg (5.58%), Zinc: 0.79mg (5.29%), Vitamin B1: 0.07mg (4.79%), Calcium: 47.02mg (4.7%), Iron: 0.84mg (4.69%), Vitamin C: 3.41mg (4.13%), Vitamin A: 206.16IU (4.12%), Folate: 13.2µg (3.3%), Vitamin K: 2.55µg (2.43%)