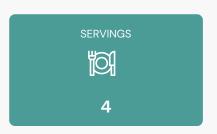


Brown Rice Bisi Bele Bath

Gluten Free





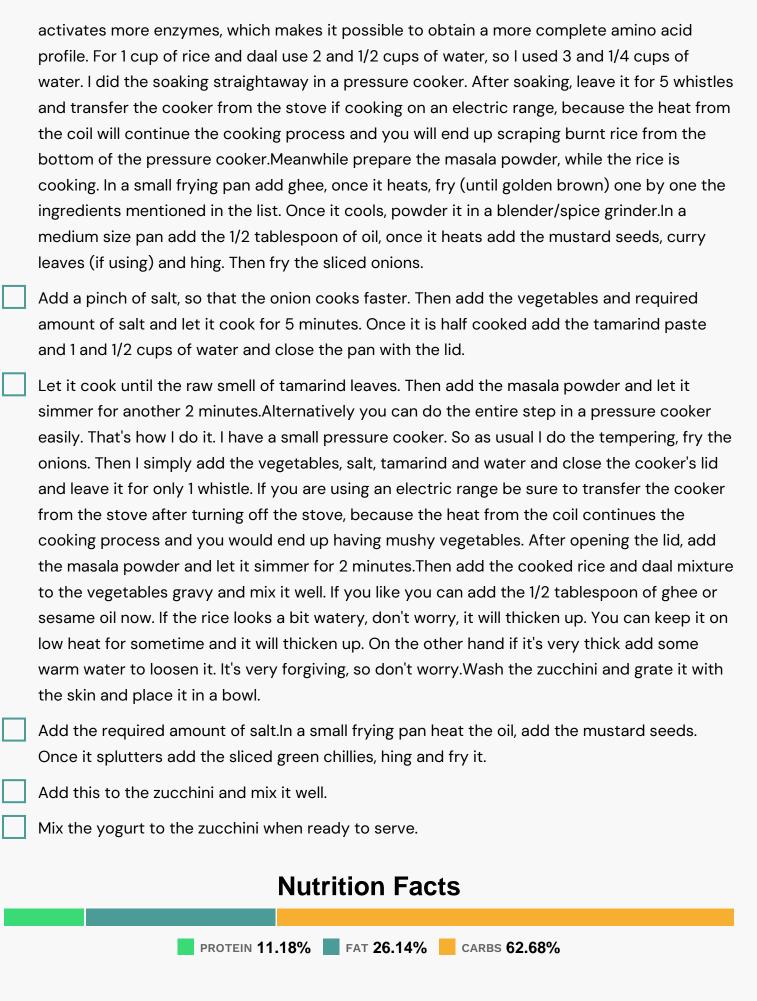


SIDE DISH

Ingredients

0.5 Teaspoon peppercorn black
0.8 cup brown rice
0.5 Tablespoon sesamme oil
1 Teaspoon canola oil
1 Tablespoon channa daal
2 as required chillies red
4 servings as required chillies green sliced into half (i used 1)
1 Inch cinnamon sticks

	2 to 3 cloves
	1 Tablespoon coconut or grated
	1 Tablespoon coriander seeds (Dhaniya)
	0.5 Teaspoon fenugreek seeds
	0.5 to 1 tablespoon ghee (Optional)
	1 inch p hing
	0.5 Teaspoon mustard seeds
	1 Teaspoon mustard seeds
	1 onion sliced (Or Pearl Onions Preferably)
	3 to 4 cups vegetables green (I Used Carrots, Beans, Potatoes And Peas, 1 cup Each)
	1 Teaspoon salt
	4 servings as required salt
	1 Teaspoon ghee/sesame oil
	1 Tablespoon tamarind paste
	0.5 cup toor daal
	0.3 Teaspoon turmeric powder
	0.5 Tablespoon urad daal
	1 to 2 cups yogurt
Eq	juipment
Ц	bowl
Ц	frying pan
Ш	blender
Ш	stove
	pressure cooker
Directions	
	Wash the brown rice and toor daal and soak it together (also add turmeric powder) in warm water for at least 30 minutes (the longer the better). Soaking the brown rice in warm water



Properties

Flavonoids

Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 361.7kcal (18.09%), Fat: 10.84g (16.68%), Saturated Fat: 2.82g (17.63%), Carbohydrates: 58.52g (19.51%), Net Carbohydrates: 49.44g (17.98%), Sugar: 10.92g (12.13%), Cholesterol: 1.12mg (0.37%), Sodium: 942.85mg (40.99%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 10.43g (20.86%), Manganese: 1.76mg (88.16%), Vitamin C: 37.31mg (45.23%), Fiber: 9.08g (36.32%), Magnesium: 81.33mg (20.33%), Vitamin B6: 0.34mg (16.9%), Iron: 2.78mg (15.45%), Phosphorus: 151.88mg (15.19%), Vitamin B1: 0.22mg (14.71%), Vitamin B3: 2.6mg (13.01%), Copper: 0.21mg (10.63%), Potassium: 299.83mg (8.57%), Zinc: 1.16mg (7.74%), Calcium: 71.66mg (7.17%), Vitamin B5: 0.7mg (7%), Vitamin K: 7.03µg (6.69%), Folate: 23.23µg (5.81%), Vitamin E: 0.77mg (5.16%), Selenium: 3.43µg (4.89%), Vitamin A: 229.24IU (4.58%), Vitamin B2: 0.07mg (4.07%)