



Brown Rice Curry



Vegetarian



Gluten Free

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READY IN

ready

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55 min.

SERVINGS

servings

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4

CALORIES

calories

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301 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 bay leaf



1 cup brown rice



3 tablespoons butter



2 cups chicken stock see



1 teaspoon curry powder



0.5 teaspoon thyme leaves dried



2 cloves garlic minced



0.3 teaspoon ground turmeric

☐ 0.5 onion minced

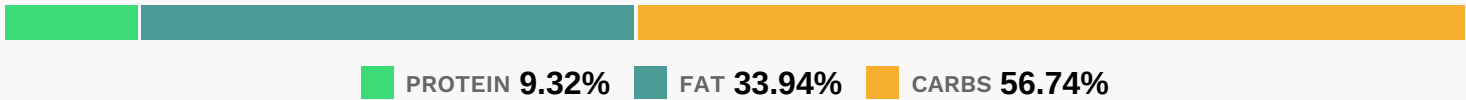
Equipment

☐ sauce pan

Directions

- ☐ Melt butter in a 2-quart saucepan over medium-low heat. Stir in onion and garlic; cook and stir until onion has softened and turned translucent, about 5 minutes.
- ☐ In a separate saucepan, bring 2 cups chicken stock to a boil.
- ☐ Stir brown rice, curry powder, turmeric, thyme, and bay leaf into onion mixture.
- ☐ Add chicken stock and bring to a boil. Reduce heat, cover, and simmer until all liquid is absorbed and rice is tender, about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:43.94, Glycemic Load:20.74, Inflammation Score:-8, Nutrition Score:11.754782627458%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 300.66kcal (15.03%), Fat: 11.34g (17.45%), Saturated Fat: 6.06g (37.89%), Carbohydrates: 42.67g (14.22%), Net Carbohydrates: 40.55g (14.75%), Sugar: 2.52g (2.8%), Cholesterol: 26.17mg (8.73%), Sodium: 242.2mg (10.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.01g (14.02%), Manganese: 1.86mg (93.19%), Vitamin B3: 4mg (20.02%), Magnesium: 76.5mg (19.13%), Vitamin B6: 0.36mg (17.98%), Phosphorus: 168.96mg (16.9%), Vitamin B1: 0.25mg (16.67%), Copper: 0.21mg (10.61%), Fiber: 2.13g (8.5%), Iron: 1.53mg (8.49%), Potassium: 293.93mg (8.4%), Zinc: 1.21mg (8.08%), Vitamin B2: 0.13mg (7.86%), Vitamin B5: 0.75mg (7.47%), Vitamin A: 277.63IU (5.55%), Folate: 19.68µg (4.92%), Selenium: 3.12µg (4.46%), Vitamin K: 3.71µg (3.54%), Calcium: 32.86mg (3.29%), Vitamin E: 0.41mg (2.71%), Vitamin C: 1.89mg (2.29%)