



Butternut Squash Basmati Rice



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



15

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup rice
- ☐ 2 cups butternut squash peeled cut into 1/4-inch dice
- ☐ 2 teaspoons kosher salt
- ☐ 1 teaspoon mustard seeds
- ☐ 1 tablespoon butter unsalted
- ☐ 2 cups water
- ☐ 1 teaspoon cumin seeds whole

Equipment

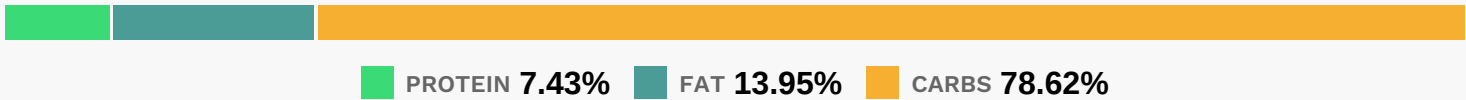
☐

sauce pan

Directions

- ☐ In a medium saucepan, melt the butter.
- ☐ Add the cumin and mustard seeds and cook over high heat until the mustard seeds begin to pop, about 30 seconds.
- ☐ Add the rice and diced squash and stir to coat with the butter.
- ☐ Add the water and salt and bring to a boil. Cover and cook over very low heat until the squash is tender and the water is completely absorbed, about 15 minutes.
- ☐ Remove from the heat and let the rice stand, covered, for 5 minutes. Fluff the rice with a fork and serve right away.

Nutrition Facts



Properties

Glycemic Index:4.41, Glycemic Load:5.94, Inflammation Score:-8, Nutrition Score:3.8173912723913%

Nutrients (% of daily need)

Calories: 61.62kcal (3.08%), Fat: 0.96g (1.48%), Saturated Fat: 0.51g (3.2%), Carbohydrates: 12.16g (4.05%), Net Carbohydrates: 11.59g (4.21%), Sugar: 0.44g (0.49%), Cholesterol: 2.01mg (0.67%), Sodium: 313.36mg (13.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.3%), Vitamin A: 2009.35IU (40.19%), Manganese: 0.18mg (9.1%), Vitamin C: 3.94mg (4.78%), Selenium: 2.39µg (3.41%), Magnesium: 11mg (2.75%), Vitamin B6: 0.05mg (2.52%), Copper: 0.05mg (2.42%), Potassium: 84.04mg (2.4%), Phosphorus: 22.89mg (2.29%), Fiber: 0.57g (2.29%), Vitamin B3: 0.44mg (2.19%), Vitamin E: 0.32mg (2.12%), Vitamin B5: 0.2mg (2.02%), Vitamin B1: 0.03mg (1.99%), Iron: 0.34mg (1.88%), Folate: 6.39µg (1.6%), Calcium: 15.55mg (1.55%), Zinc: 0.19mg (1.24%)