



Cashew Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



242 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup green onions thinly sliced
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon rice vinegar
- ☐ 0.3 cup dry-roasted cashews unsalted chopped
- ☐ 2 tablespoons serrano chiles thinly sliced
- ☐ 1 cup sushi rice uncooked
- ☐ 1.3 cups water

Equipment

- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Place uncooked sushi rice in a fine-mesh sieve. Rinse under cold water, stirring rice until water runs clear (about 30 seconds).
- ☐ Combine rice, water, and salt in a small saucepan. Bring to a boil; cover, reduce heat, and simmer 15 minutes.
- ☐ Remove from heat; let stand 10 minutes. Uncover and fluff rice. Stir in cashews, green onions, cilantro, serrano pepper, and vinegar.

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:30.38, Inflammation Score:-4, Nutrition Score:7.6426087410554%

Flavonoids

Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 241.97kcal (12.1%), Fat: 5.6g (8.62%), Saturated Fat: 1.1g (6.9%), Carbohydrates: 42.5g (14.17%), Net Carbohydrates: 40.4g (14.69%), Sugar: 1.01g (1.12%), Cholesterol: 0mg (0%), Sodium: 156.38mg (6.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.32%), Manganese: 0.58mg (28.77%), Vitamin K: 20.87µg (19.88%), Copper: 0.36mg (18.08%), Selenium: 8.42µg (12.02%), Magnesium: 44.24mg (11.06%), Phosphorus: 94.69mg (9.47%), Iron: 1.6mg (8.9%), Fiber: 2.1g (8.41%), Zinc: 1.25mg (8.34%), Vitamin B1: 0.11mg (7.61%), Vitamin B3: 1.31mg (6.55%), Vitamin B6: 0.12mg (6.07%), Vitamin C: 4.76mg (5.78%), Vitamin B5: 0.55mg (5.45%), Folate: 17.44µg (4.36%), Potassium: 145.24mg (4.15%), Vitamin A: 199.07IU (3.98%), Vitamin B2: 0.06mg (3.58%), Calcium: 18.76mg (1.88%), Vitamin E: 0.22mg (1.44%)