



Cinnamon-Spiced Rice



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



179 kcal

SIDE DISH

Ingredients

- ☐ 0.8 teaspoon pepper black
- ☐ 1 stick cinnamon (2 1/2- to 3-inch)
- ☐ 0.8 teaspoon cumin seeds
- ☐ 3 garlic cloves chopped
- ☐ 2.3 cups chicken broth reduced-sodium
- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion chopped
- ☐ 1 teaspoon salt

- ☐ 0.8 teaspoon sugar
- ☐ 1.5 cups rice long-grain white

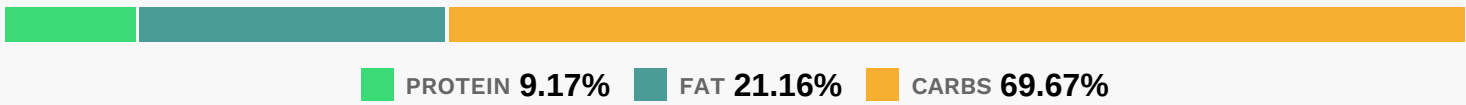
Equipment

- ☐ sauce pan

Directions

- ☐ Cook onion, garlic, cumin seeds, and cinnamon stick in oil in a 2- to 3-quart heavy saucepan over moderate heat, stirring, until onion is beginning to soften, about 3 minutes.
- ☐ Add rice and cook, stirring, until grains become slightly translucent, about 2 minutes.
- ☐ Stir in broth, sugar, pepper, and salt and bring to a boil. Reduce heat and simmer, covered, until rice is tender and liquid is absorbed, about 15 minutes.
- ☐ Remove from heat and let stand, covered, 10 minutes. Fluff rice with a fork and discard cinnamon stick if desired.

Nutrition Facts



Properties

Glycemic Index:28.78, Glycemic Load:17.37, Inflammation Score:-1, Nutrition Score:4.2908695408184%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 179.04kcal (8.95%), Fat: 4.2g (6.46%), Saturated Fat: 0.68g (4.24%), Carbohydrates: 31.1g (10.37%), Net Carbohydrates: 30.11g (10.95%), Sugar: 1.1g (1.23%), Cholesterol: 0mg (0%), Sodium: 313.54mg (13.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.19%), Manganese: 0.52mg (26.06%), Selenium: 5.5µg (7.86%), Vitamin B3: 1.5mg (7.52%), Phosphorus: 67.02mg (6.7%), Copper: 0.12mg (6.24%), Vitamin B6: 0.1mg (4.8%), Fiber: 1.01g (4.03%), Vitamin B5: 0.38mg (3.8%), Vitamin E: 0.56mg (3.76%), Potassium: 129.39mg (3.7%), Iron: 0.67mg (3.7%), Zinc: 0.5mg (3.34%), Magnesium: 12.27mg (3.07%), Vitamin K: 2.67µg (2.54%), Vitamin B2: 0.04mg (2.53%), Calcium: 24.75mg (2.47%), Vitamin B1: 0.03mg (2.29%), Vitamin C: 1.4mg (1.7%), Folate: 5.5µg (1.37%), Vitamin B12: 0.01µg (0.42%)

0.07μg (1.11%)