

Coriander Rice

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



918 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 20.5 cups rice long-grain white
- 3 tablespoons ground coriander
- 9 cups chicken broth
- 0.5 cup olive oil
- 0.5 cup parsley fresh italian chopped
- 3 teaspoons salt
- 1.5 cups shallots minced (8)
- 0.8 teaspoon turmeric

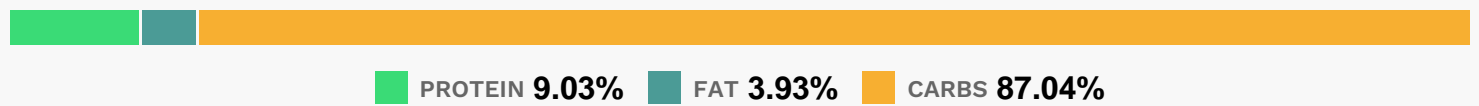
Equipment

pot

Directions

- Heat oil in heavy large pot over medium heat.
- Add shallots and sauté until tender and golden brown, about 12 minutes.
- Add coriander and turmeric and stir 1 minute.
- Add rice and stir until coated.
- Add broth and salt; bring to simmer. Cover; reduce heat to low. Cook until rice is tender and liquid is absorbed, about 20 minutes. Stir in parsley.
- Transfer to platter and serve.

Nutrition Facts



Properties

Glycemic Index:8.01, Glycemic Load:114.99, Inflammation Score:-7, Nutrition Score:19.955217392548%

Flavonoids

Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 918.11kcal (45.91%), Fat: 3.92g (6.04%), Saturated Fat: 0.87g (5.43%), Carbohydrates: 195.52g (65.17%), Net Carbohydrates: 191.26g (69.55%), Sugar: 2.22g (2.47%), Cholesterol: 0mg (0%), Sodium: 491.81mg (21.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.29g (40.58%), Manganese: 2.67mg (133.65%), Selenium: 36.31µg (51.87%), Phosphorus: 330.89mg (33.09%), Copper: 0.62mg (31.08%), Vitamin K: 31.99µg (30.47%), Vitamin B3: 5.7mg (28.52%), Vitamin B5: 2.48mg (24.75%), Vitamin B6: 0.48mg (24.1%), Zinc: 2.87mg (19.16%), Magnesium: 69.47mg (17.37%), Fiber: 4.27g (17.06%), Iron: 2.76mg (15.34%), Potassium: 485.57mg (13.87%), Vitamin B1: 0.18mg (12.22%), Vitamin B2: 0.17mg (9.72%), Calcium: 89.57mg (8.96%), Folate: 29.39µg (7.35%), Vitamin C: 4.49mg (5.44%), Vitamin E: 0.48mg (3.21%), Vitamin A: 158.84IU (3.18%), Vitamin B12: 0.13µg (2.21%)