



Curried Basmati Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



228 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups rice white uncooked
- ☐ 1 teaspoon curry powder
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 teaspoon lemon rind grated
- ☐ 21 ounce low-salt chicken broth canned
- ☐ 2 tablespoons butter reduced-calorie

- ☐ 0.5 cup onion finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup water

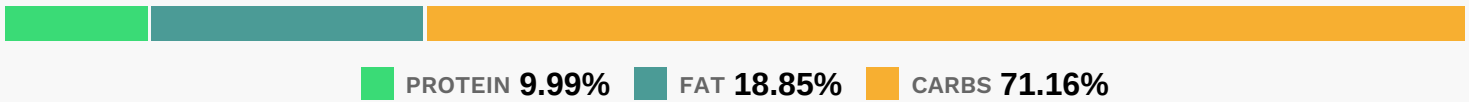
Equipment

- ☐ sauce pan

Directions

- ☐ Melt margarine in a saucepan over medium heat.
- ☐ Add onion and garlic; saut 5 minutes.
- ☐ Add rice and curry powder; cook 1 minute, stirring constantly.
- ☐ Add salt, broth, and water, and bring to a boil. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed.
- ☐ Remove from heat, and stir in the remaining ingredients.
- ☐ Let stand, covered, 10 minutes; fluff with a fork.

Nutrition Facts



Properties

Glycemic Index:25.86, Glycemic Load:22.65, Inflammation Score:-4, Nutrition Score:7.4469565204952%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 227.64kcal (11.38%), Fat: 4.75g (7.3%), Saturated Fat: 1.06g (6.62%), Carbohydrates: 40.32g (13.44%), Net Carbohydrates: 39.27g (14.28%), Sugar: 0.86g (0.95%), Cholesterol: 0mg (0%), Sodium: 273.17mg (11.88%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 5.66g (11.32%), Vitamin K: 41.45µg (39.48%), Manganese: 0.56mg (27.81%), Vitamin B3: 2.17mg (10.85%), Selenium: 7.26µg (10.37%), Phosphorus: 92.25mg (9.22%), Copper: 0.17mg (8.54%), Vitamin A: 381.36IU (7.63%), Vitamin C: 5.75mg (6.96%), Vitamin B6: 0.12mg (6.1%), Potassium: 185.7mg (5.31%), Vitamin B5: 0.51mg (5.09%), Iron: 0.88mg (4.9%), Zinc: 0.68mg (4.55%), Fiber: 1.06g (4.23%), Magnesium: 16.74mg (4.18%), Vitamin B2: 0.06mg (3.69%), Vitamin B1: 0.04mg (2.97%), Calcium: 29.21mg (2.92%), Folate: 11.13µg (2.78%), Vitamin E: 0.29mg (1.97%), Vitamin B12: 0.1µg (1.73%)