



Curried Rice



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 21 ounce chicken broth undiluted canned
- ☐ 1.5 teaspoons curry powder
- ☐ 3 cups regular rice uncooked
- ☐ 1 teaspoon salt

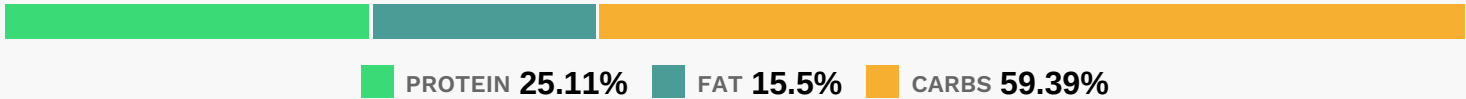
Equipment

- ☐ sauce pan

Directions

- ☐ Bring chicken broth to a boil in a medium saucepan.
- ☐ Add rice and seasonings; reduce heat to low. Cover and simmer 20 minutes or until tender.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:11.03, Glycemic Load:44.52, Inflammation Score:-3, Nutrition Score:12.558695534325%

Nutrients (% of daily need)

Calories: 522.81kcal (26.14%), Fat: 8.72g (13.41%), Saturated Fat: 2.41g (15.06%), Carbohydrates: 75.14g (25.05%), Net Carbohydrates: 73.77g (26.83%), Sugar: 0.12g (0.14%), Cholesterol: 49.61mg (16.54%), Sodium: 870.72mg (37.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.76g (63.52%), Manganese: 1.03mg (51.44%), Selenium: 32.31µg (46.16%), Phosphorus: 259.93mg (25.99%), Zinc: 3.51mg (23.4%), Vitamin B3: 3.88mg (19.39%), Vitamin B6: 0.35mg (17.3%), Vitamin B12: 0.99µg (16.54%), Copper: 0.26mg (12.87%), Iron: 2.18mg (12.12%), Magnesium: 43.26mg (10.81%), Vitamin B5: 0.94mg (9.38%), Vitamin B2: 0.15mg (8.59%), Potassium: 265.98mg (7.6%), Fiber: 1.37g (5.47%), Vitamin B1: 0.07mg (4.4%), Calcium: 42.42mg (4.24%), Vitamin A: 180.56IU (3.61%), Vitamin E: 0.53mg (3.53%), Vitamin K: 2.87µg (2.74%), Folate: 10.15µg (2.54%)