



Curried Rice with Onions and Cashews



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



54 min.

SERVINGS



5

CALORIES



188 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.7 cup rice uncooked
- ☐ 1 tablespoon canola oil
- ☐ 0.5 teaspoon curry powder
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 0.5 teaspoon ground turmeric
- ☐ 1 jalapeno minced
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 teaspoon mustard seeds

- ☐ 2 cups onion sliced
- ☐ 0.3 cup dry-roasted cashews salted chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon sugar

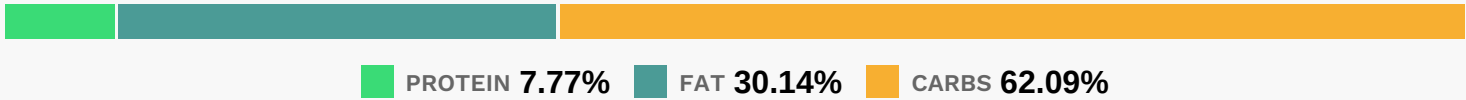
Equipment

- ☐ sauce pan

Directions

- ☐ Cook rice according to package directions, omitting salt and fat.
- ☐ Heat oil in a medium saucepan over medium-high heat.
- ☐ Add mustard seeds; cover and cook 1 minute or until seeds pop. Reduce heat to medium, and stir in turmeric and curry.
- ☐ Add onion, ginger, and jalapeo; cook 13 minutes or until onion is tender and lightly browned, stirring frequently.
- ☐ Add salt, sugar, and cooked rice to onion mixture, stirring well. Cook 3 minutes or until thoroughly heated. Stir in lime juice, and top with cashews.

Nutrition Facts



Properties

Glycemic Index:43.06, Glycemic Load:13.54, Inflammation Score:-9, Nutrition Score:5.9682608583699%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13.16mg, Quercetin: 13.16mg, Quercetin: 13.16mg, Quercetin: 13.16mg

Nutrients (% of daily need)

Calories: 187.56kcal (9.38%), Fat: 6.39g (9.83%), Saturated Fat: 0.93g (5.8%), Carbohydrates: 29.6g (9.87%), Net Carbohydrates: 27.71g (10.08%), Sugar: 3.76g (4.18%), Cholesterol: 0mg (0%), Sodium: 238.05mg (10.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.41%), Manganese: 0.45mg (22.34%), Vitamin C: 10.02mg (12.15%), Copper: 0.24mg (12.12%), Phosphorus: 86.25mg (8.63%), Magnesium: 33.89mg (8.47%), Selenium: 5.54µg (7.92%), Vitamin B6: 0.16mg (7.91%), Fiber: 1.89g (7.56%), Potassium: 190.69mg (5.45%), Zinc: 0.81mg (5.4%), Folate: 21.24µg (5.31%), Iron: 0.94mg (5.2%), Vitamin K: 5.45µg (5.19%), Vitamin E: 0.78mg (5.17%), Vitamin B1: 0.07mg (4.44%), Vitamin B5: 0.43mg (4.34%), Vitamin B3: 0.65mg (3.26%), Calcium: 28.38mg (2.84%), Vitamin B2: 0.05mg (2.84%)